

The Trans Rescue Guide

HOW TO GET OUT

Practical Information
To Help You Survive

Jenny List

Anne Ogborn



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2026 edition

**Jenny List
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Foreword

If you are trans, intersex, nonbinary or otherwise threatened by the rising tide of genocidal policies towards trans people, *How to Get Out: Practical Information to Help you Survive* is essential reading.

I first met Jenny List and Anne Ogborn a year into the Second Trump Administration, when Trans Rescue contacted the Lemkin Institute for Genocide Prevention to share information and approaches to the threats to trans life in the U.S. and globally. For about a decade Trans Rescue has been doing the hard work that is so often ignored as genocidal processes develop – helping threatened people find safety. Trans Rescue has helped nearly 200 trans people worldwide escape from danger.

How to Get Out collects the lessons they have learned in an encouraging and empowering manual for survival. While it focuses particularly on the needs of trans people in the U.S., it will be useful to many other people as well, including the families, communities, and professionals who are impacted by rising anti-trans policy and violence. It is also a great primer for other threatened communities in the U.S. and elsewhere who want to help their members find safety.

In the past, people facing genocide often did not have the means to fully understand their circumstances, which made it harder for them to take concrete measures to ensure survival. Now we know a lot more about how the genocidal process develops. Rarely, however, has this knowledge resulted in helpful advice for people who are facing genocide. This guide changes the equation.

Written clear prose with an unflinching eye to the truly existential threats posed by anti-trans rhetoric, policy, and legislation, *How to Get Out* covers the many issues trans, intersex and nonbinary folks face when contemplating leaving their homes, including emotional hurdles, financial obstacles, and basic questions about where to go. Fifty-five country profiles offer detailed information about possible destinations.

How to Get Out is not just a practical guide – it is a lifeline. I am so grateful it exists.

Elisa von Joeden-Forgey, PhD

Executive Director, Lemkin Institute for Genocide Prevention & Human Security

Preface

Our mission is to assist trans*, intersex, and more broadly queer people, to flee from places where it is dangerous to be trans.

How we operate depends on conditions in the country concerned. In places where it is impossible for a trans person to leave on their own, we assist by directly moving the person. In places such as the United States where it is possible for a trans person to leave on their own, we provide assistance and advice.

We can not move 2.8 million trans Americans by some intensive secret extraction method, we simply do not have the resources for that. Instead, we provide information and advice for people to get out on their own. We call the people we help passengers, not clients. We do that because we want agency to remain with them. If you are to survive as a trans American, you must get yourself out,

The book you are holding in your hands is a guide to getting out. You will have to make your decisions, and you will have to get out on your own. Good luck.

Anne Ogborn

Director, Stichting Trans Rescue Foundation.

Introduction

Over recent decades, for people living in Anglophone and western European countries, it has seemed as though the world was becoming a better place. The Cold War had ended, we were prosperous, and mass communication seemed an agent of change towards a more tolerant society. We now know that this was as a result of living in a bubble of privilege. Instead it would be a prelude to a darker time, and in countries such as the USA we're now watching a rise of fascism that eerily mirrors the 1930s. Unlike some of the people of Europe over nine decades ago though, we have the advantage of foresight. We've read Martin Niemöller's poem, and we know what's coming. This gives us an opportunity to prepare, and if necessary, escape the jackboot before they come for us.

Who is this book for?

If you're reading this book, it's likely that you too have heard the warning from the 1930s, and you're seeking to escape to somewhere safer. In these pages we'll introduce you to the topics surrounding the world of visas, asylum, and immigration, and with luck equip you for your journey.

Trans Rescue is dedicated to helping transgender, intersex, and other queer people escape danger. Thus we've assembled the information here with those communities in mind. We hope that it will also be of use to others in need. It is extremely important to state that the purpose of this book is not to tell you what to do but to equip you with the skills and knowledge to make your own informed choices. Your path is left for you to decide.

That said, many trans Americans do want to know "what we think". Here's our advice, as of Feb 2, 2026 - We believe every trans American should obtain a passport (even if one in the wrong gender) and leave the US, on a tourist visa if necessary, and then figure out how to live long term outside the US. Do not remain in the US in order to execute an orderly long term plan. Our crystal ball says Trump might make it difficult to leave at any time. You want to physically be out of the US when that happens.

How current is the information in this book?

As with any primer that is responding to current events, there is a danger that those events will overtake the information this book contains. Visas and entry requirements for example are notorious for changing without notice, so there is a real danger in saying "Country X has visa Y" because that visa may be gone by the time you read about it. So there will be several different kinds of information here graded by reliability. The general information such as how the visa and asylum systems work, or that which is unlikely to change much such as general country information, should remain relevant over time. We advise you to **always** double check information such as visa details on the official websites of the country concerned.

Before You Start

The situation for trans people in your country has reached a point at which you are thinking about leaving. You've picked up this book and are looking for information to help you with your decision. That's great, and we hope you'll find something of use in these pages.

Before you start though, here are ten things you need to know.

1. Anyone can get out

We often encounter people who are despondent because they think that getting out is impossible, usually because they aren't rich. Our view is that getting out can take many forms, and that there are routes and destinations to suit almost anyone.

2. This may hurt

Emigration is a difficult process. It will disrupt your life, and you may find yourself enjoying a different status or position to what you are used to. We think this is preferable to being trapped in a genocidal society.

3. Leaving is an opportunity

The world is a big and wonderful place. Many of us who have gotten out have found not misery, but a better life than we had in the USA. Yes, getting out is going to be disruptive, but it brings many opportunities for joy. The nightlife in Berlin is better than in Stillwell, Oklahoma, not to mention the job market.

4. You may not end up in your ideal place

Everyone has their ideal destination when considering a move, but not everyone can secure whatever is necessary to get there. Be aware of other destinations, and be prepared to expand your horizons to include unexpected parts of the world. There are some great places to live that aren't in the Anglosphere or in Europe.

5. Do proper research

The trans community online is full of rumours and hearsay that morph into being presented as facts. As an example, people will advise you to claim asylum in Europe, when in reality doing so as an American in 2026 will lead to your swift deportation. Don't commit to any course of action until you have researched it properly, and thoroughly. Make sure to track information to its source, and trust official websites over online forums or the many commercial immigration advisers out there. Double check everything, even the information in this book, because realities on the ground can change over time.

6. Do it now

Those facing the Holocaust who got out early, survived. It is not early. The jaws are closing, it has gotten harder to get a usable passport. We urge you to get any passport you can, physically leave, and sort out your affairs from outside the USA.

7. Have imagination

Approach getting out with flexibility and imagination. Rigid ideas that you can only go to Canada or Europe to continue your exact career in the US are not helpful. Be creative as you reinvent your life.

8. Getting out is your responsibility

You are an adult, and it is your responsibility to get out on your own. It's not the responsibility of your local trans org, GoFundMe, your friends, or any government. It's your job.

9. You are not responsible for saving the world

You are not responsible for staying to fight. This is bigger than you can handle. Even actual armies carefully consider when to stay and fight and when to give ground. Your responsibility now is to find safety and not become one more person who needs saving later on. Before the Holocaust a shocking number of Jewish professionals said they were staying because they were "patriotic Germans".

10. You can do this

It's easy to be discouraged by the enormity of it all. Don't give up, you've got this.

Emotional Preparation

Getting out is a mental battle. Most people find a way out with relatively little pain once they actually commit to getting out.

There are steps you can take to win that battle.

Know Your Feelings

How do you feel about leaving? There's no right or wrong way to feel - it's how you feel. But if you know what you are feeling, you can start working to keep yourself safe. We talk to a lot of trans people about their feelings. Here are some common ones we see.

- **Many of us are frightened of the unknown.** If you are a working class trans person in Oklahoma, a driving trip to Las Vegas may seem a considerable adventure. Now we're talking about moving to South America! It can be terrifying.
- **Many of us are angry.** Oppression is deep in trans bones, but today it goes beyond what we've come to expect. Anger is good, we need anger. But we need to channel it towards constructive action, not towards each other or towards self destruction.
- **Some of us deeply want justice.** Are you battling to right some wrong? If you are trans in the USA today you will have been wronged, and you will want justice.
- **We are grieving.** All of us have struggled hard to win a place in society. Now we're seeing the small things we've accomplished torn away because a madman sits in the White House, surrounded by sick religious zealots.
- **Many of us are embarrassed.** Our countrymen are forcing us to flee - something usually only done to those who actually have done something bad. We feel guilty even if we did nothing, simply because of who we are.
- **We are embarrassed that we are fleeing, and guilty that we are leaving others behind.** We ask ourselves how we can go and leave friends and community behind. Survivors of great catastrophes often experience guilt that they survived and others did not, even when they couldn't have done anything to save them. Maybe you are feeling obligated to stay.
- **We might be being pressured** - Family might have no clue why this is important. They might have more investment in their picture of an ideal family, or in having you to kick around. Friends might be trying to convince you that you're responsible for getting them out - see the section on personal responsibility below - it applies to your friends too.
- **Sometimes it can be hard to make friends when trans.** And most of us have no family support, so queer family is family. Are you feeling that you'll be abandoned and alone if you leave your friends in the US? Are you being guilt tripped by friends? Are you guilt tripping your friends (see responsibility)?
- **Would leaving break up your relationship?** Fear that that might happen is reasonable. There are steps you can take to deal with it.
- **Are you stuck in family dynamics?** We talk to trans people who can't leave because they

have unfinished emotional business with families - like a domestic abuse victim who won't leave until she's gotten Bluto to apologize.

- **Are you afraid of starting over?** The world isn't kind to trans people, and it's reasonable to worry about losing everything you've built up.

What are you feeling? Knowing how you feel about leaving is the first step. As an exercise, write down what you're feeling about leaving. Writing makes things concrete.

Recognize what you're doing

The second step is recognising what your feelings might be making you do. And here, things change. Some things we do because of our feelings might have negative or positive consequences for us in practical terms. While feelings are just feelings - they are what they are - we can control how we react to them.

Here's some things we've seen trans Americans (and others) do, gathered from the many who contact us for advice and support:

Some of us are in denial. "it's not that bad", "I'm in a blue state", "I have a good job". If you truly believe that there's no danger, then fine. But is that realistic? We talk with serious scholars, and they say it is not.

If you know someone who is in denial, arguing probably won't change their point of view. Lowering their fear of the consequences and helping them see practical ways to get out is likely to be more effective.

Do you know you need to get out but "don't want to think about it"? Honestly, if you're reading this book, probably not. But if you have a friend who's doing this, the same steps apply - gently suggest talking about measures you can take now like getting a passport "just in case". Don't argue.

Take an inventory of your media diet. Some of us have stopped watching the news. We've tuned out. More of us are spending more time reading the news. What impact is 12 hours a day of Trump hating YouTube videos having on where you are in your head?

We speak with many trans Americans who are convinced they can't get out, so why try. Are you feeling that way? You have a good weapon against this one in your hands. Knowledge and formulating a definite plan can combat despair.

Many of us have fears. It's reasonable. What are your fears? As an exercise, write down what fears you have. Things that have a name are things you can work on. Fears are just fears. A list of fears is a to-do list.

Have you decided your partner doesn't want to go, so you have to just forget it? Fears about destroying relationships and friendships or losing contact with family can be realistic, but treating them as beyond our control is not. There are more options than just forgetting it.

We find excuses not to act. We find reasons we can't go. Lack of money and being on disability support are two huge ones. Commitments and physical possessions are others. As an exercise, list the things blocking you from leaving. Many of them will be addressed in this book. And they join your fears as things to work on.

Many of us are somewhat on the ASD spectrum - it seems to go with being trans. We've talked to

some folks who have spent a lot of time researching and planning, but aren't turning that plan into action. There is a point where enough is enough.

Some of us focus on exaggerated or imaginary fears. I can't go to Belgium because a trans woman went there and someone stole her bicycle! There are petty criminals and some level of oppression everywhere. That doesn't mean Austria is no safer than the USA right now.

Some of us make unrealistic demands - "I will only go to a place that you can prove will never be problematic in any way". "I need \$10,000 to move to Canada". "I need you to sneak me out of Texas, it's too crazy dangerous for me to just drive my car." These are convenient ways to not be doing what you need to.

Are you staying to fight? Doing so can be a reasoned, realistic political stance. It can also be an excuse not to go, a reaction to guilt that you can't save everyone, or outrage at injustice. It can be hard to puzzle out which. An exercise might help: consider, before you read this, how well developed was your plan to fight? If you had a well considered plan, we won't try to talk you out of it. If we weren't doing this work, we might join you. But if you had no real plan, maybe it's serving some emotional need, and might not be serving you best.

Have you really accepted that this is your responsibility?

We trans people are constantly being controlled - medical caretakers control medical care, families try to dictate terms of transition, disability support income comes with intrusive control, and random people in our environment tell us what we can do and what we can wear. There is no such thing as a cis person without an opinion about what trans people should or shouldn't do. We get used to navigating the world around such intrusions. We can end up unwilling to take responsibility for ourselves when the world seems too scary.

We at Trans Rescue have many people who insist that it's our responsibility to save them. It's not. Putting the responsibility on someone else avoids that uncomfortable responsibility, not your local trans org, gofundme, your friends, or any government. Are you asking any of those to do things you can, or should be, doing for yourself?

We get angry instead of acting. Getting angry feels like doing something - especially if it's connected with publishing a rant on the internet. Being angry about what's happening is entirely appropriate. But are you doing it instead of doing something to ensure your own safety?

We direct our anger at targets we feel are 'safe'. It's a lot easier to launch a tirade or a cutting takedown at a hapless trans activist or random online trans person than at a TV preacher or right wing politician. Exercise - make a list of who you've directed anger at lately. Does that list look like your actual enemies?

Some of us are giving priority to obtaining justice, not to our own safety. We speak with many trans people who want to claim asylum even though it's not a practical choice, or who are suing an institution. If you're putting your energy into justice rather than survival you may not survive. Only you can decide if whatever restitution you are seeking is worth your life. We'd quietly suggest it is not. The best revenge is having a good life.

Don't stay to prove something. That the fascists currently running the US Government are bad people is already well known outside the US. Organizations, not individuals, bear the burden of seeking justice and fighting back. Donating time or money to an organization fighting trans

oppression is appropriate. A personal crusade is not healthy.

Some of us do things to feel safe that aren't really safe. Becoming closeted won't keep you safe. Detransitioning won't keep you safe. Moving to a blue state might keep you safe briefly, but the real danger is becoming trapped. Leave the USA.

Some of us have purchased a firearm. Guns can make you feel powerful. But there is no scenario where you kill someone with that gun and then live happily ever after. If you intend to use the gun when they knock on the door, a better solution is to not be home.

Sometimes we compromise - we do one thing and call it done. Making a bugout bag and getting a passport are good steps, but only if they lead to getting out.

What are you doing? Is what you're doing serving your needs?

Some ways to emotionally prepare yourself.

This is going to hurt.

Accept it. It's scary, inconvenient, and leaving brings its own dangers. If you have cancer, chemotherapy sucks but saves your life. Acceptance is healing.

Find joy

Realize that it's a mixed bag - with the negative consequences, there are positive ones. It's much easier to have the basics of life in most other countries. Berlin has amazing nightlife. If you love art and culture, would you like to live in Vienna, Paris, or Rome?

Be kind to yourself

Be kind to yourself. You don't have to do this gracefully, you just have to do it. If you're doing a bunch of the things on our reactions list, so be it - join the club, the line starts down the block around the corner.

Reduce fear

Learn about destinations you're interested in. Moving to Germany seems less daunting when you realize there's regulated and universal health care. Hang out on expat sites. Find 'living in Germany' YouTube videos. Do be aware of what you're watching - laying on the beach makes for boring video, many content creators emphasize dangers that are unrealistic.

Dig out your fears list exercise from above. Pick a potential destination and do some research about each of the fears. If you're afraid you'll never have the money for a plane ticket, find out what one really costs. If you have never flown before and aren't sure how to do it, come to our office hours (find the link in the "About Trans Rescue" section at the end of this book), we're happy to explain, and give you tips to find cheap flights.

Focus on opportunities. Find joy. Going to live in Mexico? Get reasonable advice about safety and where to live, follow it, and then let it go. Start learning Spanish, find out there's an anime club where you're moving, and discover your professional license is easy to transfer.

Examine your media intake and modify as needed.

Deal with relationships

Talk with your partner, your friends, and your family (if you talk with your family)

Talk with your partner. Do understand that people take varying amounts of time to accept they need to get out. It's unlikely you and your partner will hit that point at the same instant. If you say "well, I just have to stay then", you aren't getting out. But you can give your partner some time, you can go ahead of your partner, you can go without your partner. Or maybe you're the one going slower, and are feeling pushed. You can ask your partner for some time to catch up. And yes, it may break the relationship. And you will have a decision to make, if safety is worth it, But it's a decision, not an emotional reaction. Lastly, know that "I'm going, are you coming along?" may give your partner the needed push.

Talk with your friends. Make it clear to your dear but clueless friend that it's their own responsibility to get out, not yours. If friends are telling you you are responsible for getting them out, they're guilt tripping you. See above about things people do to react. It applies to your friends as well.

You may elect to form an affinity group. If so, read our section on it. Don't admit problematic people even if they're your bestest, only friends.

If your family are not really accepting of you, leaving can be an opportunity to reduce the volume of that conversation without truly breaking off. But families conditioning acceptance on control can be a problem. Don't let them be. Be honest with yourself.

Family may accuse you of abandoning them. You don't owe a family who does this anything - they're toxic.

Talk with others getting out. You can just drop in at our office hours - you don't just need to come for advice. But finding others online or locally is very useful. Do distinguish friends who are also getting out from an affinity group.

Other mental prep

Look at how you feel about change. Many of us trans people are slightly autistic, and we love routines and sameness. Emigrating strips all that away.

Be expansive. Don't just think of Europe. Don't imagine you have to continue the exact career path you were on. If you are a tax preparer, your job skills might seem useless in Europe, but are they? You know how to work with a mass of detail and bureaucracy - and every European country is awash in bureaucracy.

Let yourself be sad about what you're losing - things, friendships, status positions, opportunities.

If you're not ready to go, be honest with yourself. It's not a crime. It's where you are. Do take small steps. Get a passport, and make a bugout bag. With a passport, you can probably get out physically on short notice without much planning.

Most importantly, do believe you can get out. If you believe you can get out, you can figure out how to do it. We believe in you.

We'll see you later, out in the big world.

How To Research

Assuming you are doing the mental preparation work and have a passport, or are working on getting one, the next step is figuring out where to go. Unexpectedly this starts not with identifying the place you want to go to, but with deciding what strategy you will use.

Everyone has personal circumstances which influence their decision making. It's important that you talk with your loved ones, and that you remember to be flexible. You're facing what may be the biggest decision of your life, and you need to ensure that the choices you make support your experience, skills, capacity for the unknown, and more. You need to research, and this chapter is here to help you.

Finding the information in the first place

Immigration and visa information is a mass of rapidly changing data disseminated poorly by a mix of variably maintained government websites and commercial websites more concerned with getting clicks than delivering accurate information. A search engine will deliver you some or all of these sources, so here are a few of our tips to find the good ones

- **Use authoritative websites.** The official immigration website for your country of choice is your first stop for immigration visa information. In our list of countries, we've found links for each one.
- **Look for people on the ground.** Expat sites designed for Westerners living abroad, particularly those with an active user community, are often good sources of information. The people on them are on the ground, and because they are usually there on the site in numbers, inaccurate information is rarer.
- **Watch out for Wikipedia.** Wikipedia's visa information was accurate and well maintained until 2015, when the dedicated volunteer keeping it up to date dropped out. So while it's comprehensive and often a convenient source, anything you get from it **MUST** be checked.
- **Beware click farms.** A simple strategy to make ad revenue on the internet is to assemble some public data and publish it on a website with ads. The owner of the site has little incentive to make the data accurate or to update it, but it stays online to catch the unwary.
- **Watch out for social media.** There is a lot of inaccurate visa and immigration advice to be found in online communities. Sometimes it's downright dangerous as for example when people advise Americans to apply for asylum in a European country, other times it's anecdotal in the form of "My cousin managed to get from X to Y by doing Z". The people posting this stuff are probably not intending to mislead, and these stories propagate because they give false hope. Beware of these sources, and never trust them until you have verified it from the official source.

Rating the quality of information

The Internet is a fantastic research tool, with the flaw that the good information is drowning in a sea of misinformation. From dubious websites trying to sell you immigration services to online forums and social media propagating dangerous myths, pitfalls abound. It is therefore essential to

learn the skill of identifying the good quality and authoritative information, and discarding the rubbish. Many people learn these skills during their education, and if that's you then you should be able to use them here. If not, then here are a few pointers.

When you find a piece of information, understand who wrote it. Ask yourself the following questions:

- **Why should the author know anything about the subject?** Your friend on social media is lovely but not an expert on international relations, while a government visa site is the original source of the information.
- **What is their agenda?** The official Happyland government immigration website not only wants to tell you about Happyland visas, it also exists to encourage high skilled tech workers into the country and not refugees.
- **What is their point of view and which audience are they talking to?** An expat website for example may be written assuming you're an elderly American sitting on life savings and wanting a pleasant retirement, while an overseas volunteering resource may be aimed at young people. Different audiences mean different assumptions from the website, so for example the expat site assuming its readers have piles of money may give advice of limited use to a relatively penniless younger person seeking a volunteer visa.
- **Are they trying to sell you something?** The world of visas and immigration is full of people offering paid services. Usually they are legitimate services such as lawyers or visa specialists, while occasionally they can be scams. Learn to spot when the information is delivered selectively in order to funnel the reader into their paid service.
- **How old is the information?** Many websites see updates very rarely and can become out of date. Especially be careful of embassy websites, instead go to the ministry of interior site.

Overcome received opinion in our own community

It pays to be aware that trans people's impressions of their own safety are often skewed. Think of your local support group. The trans woman who transitioned in the early '90s and passes well will have one opinion of how safe your local community is, while the trans woman who just came out, is terrified of the world, and doesn't pass, will have another.

As an example the UK is currently a country of new concern for us because of institutional capture of its government by transphobes, but the reality on the street there is that it remains for now physically safe. You can still go about your business safely. We know this, because a significant number of our volunteers are British and it's their reality. Yet it's easy to find trans people online who will tell you it's an extremely dangerous country to be in, because the community hearsay has reached fever pitch. Learn to spot when this is happening, and differentiate between the good information and the bad. (In case you were wondering, we don't recommend you go to the UK unless you have no other choices, it's not a country of new concern for nothing.)

So always check everything thoroughly, and bear in mind the old adage:

“Anecdotal evidence is evidence only that there is an anecdote”.

How To Fly To Another Country

Crossing an international border is a process which in most cases requires some documentation, and is for frequent travellers a minor chore that's part of their moving around the world. One of the things we have learned over the years is that many of the people we talk to have never crossed an international border, and in some cases never even taken a flight. If you're used to it all then this chapter may not have much to offer you, but if you're one of those to whom it's all new there is a huge fear of the unknown to overcome. This section will go through the process in detail.

Passports, visas, and other paperwork

A passport is an identity document following an internationally agreed standard, for the purposes of providing nationality and identity verification when travelling between countries. It is issued by a country to its own citizens, and takes the form of a small stiff-cover book. At one end of the book is a page with your name, details, and a photograph, and the rest of the pages are blank spaces which immigration officials will stamp to verify entry or sometimes, exit. Passports also now contain an electronic chip storing identity and biometric identification, which allows officials to quickly look up their holders in immigration databases.

Applying for a passport

The exact process may differ slightly depending which country you are a citizen of, but a passport is something you have to apply for and is not issued automatically to citizens. You will need to supply information including proof of identity, perhaps a birth certificate or drivers' license, and a photo in a standard pose. You will normally have to visit some kind of government office to complete the process. There will be a fee for the passport, currently \$130 for Americans, and it will usually take a few weeks to be mailed to you.

The Trump administration has moved to issue passports under birth gender only for American trans people, so be prepared to have a so-called "Trump passport" if you are an American.

Visas

A passport allows you to be processed by immigration staff at a border, but it does not automatically grant you access. It is up to the country you are entering who they let in and under what terms they do so, and the system of visas is how this is administered.

A visa is a document, either physical or electronic, that grants permission to enter a country. It is issued under a set of terms which govern how long you can stay in a country, and what you can do there such as whether you can make it your home or do work while you are there. There are a set of requirements for each visa which vary widely depending on the visa, the country issuing it, and the country of the applicant. Visas are not always issued automatically, and applications can be refused. You will need to visit the website of the country you intend to visit in order to find what they offer, and under what requirements.

In some cases, for example when there is an international agreement in place between your country and the one you are travelling to, you will find a visa is not needed to enter a country for the purposes of tourism. Thus Americans for example can visit many countries visa-free. These visitor

or tourist visas do not however confer the right to set up your home, or work in the country, and if you break their terms you will end up in trouble.

The Travel Itself

Assuming you have a passport and a visa for where you want to go, you will now have to find your way to a point of entry on their border, and present them to their immigration staff who will process your entry. This section describes that process, but we're also going to describe taking an international flight because we find that not all the people asking for our help are familiar with the process.

International flights

When you buy an airline ticket, you will receive a booking confirmation, and an instruction to check in before the flight. Checking in is the process of registering that you are flying, and you can usually only do that in the period immediately before the flight, usually 24 hours. You can usually check in with your booking reference either online, at a terminal at the airport, or with a member of staff at your airline's check-in desk at the airport. There will usually be a row of such check-in desks, and there will be signage with your flight number to identify the one handling your flight. Be prepared for queues.

Larger airports will have more than one terminal, meaning that they have more than one set of facilities for passengers. Your check-in instructions should include information about which terminal you are flying from if this is the case, and the airport website should have instructions for finding the terminal.

However you check in, you will be issued with a boarding pass. This is the ticket which admits you through security, and onto your plane. It will be checked by the security staff as you proceed into the departure lounge, and by the airline staff when you board the plane. It will have your seat number on it, and also at which gate you can find your flight.

So, boarding pass in hand, you need to check in your larger luggage to be stored in the aircraft's hold. Each airline will have its own requirements for baggage, such as how big it can be and how heavy, and you will usually be allowed a small carry-on bag such as a small backpack. There is a list of items prohibited in airline baggage such as weapons or flammable liquids, so we suggest you check on the airport website to ensure none of them apply to you.

The baggage check-in is usually the same as the check-in desk from the previous paragraphs. Be prepared, if your baggage is over the weight limit you may need to pay a bit extra.

Once you have checked in both yourself and your luggage, it's time to go through security into the departure lounge. Security is an intrusive and onerous ordeal, but you are a cog in the machine so simply pass through it with good humor. Since 9/11 the requirements for passing through security have become much stricter than they used to be, so you can expect to have restrictions on what liquids you can take through, and to have to pass any hand baggage and metallic objects through the X-ray machine. They should provide a plastic tub for your stuff to go through the machine. Some airports will have extra requirements such as taking off your shoes, we suggest looking up the security details on the airport's website so you are ready for what they ask.

The process is straightforward enough, they will first check your passport, ticket, and visa if necessary, before letting you enter the security area. Your carry-on bag and other metallic items will have to pass through an X-ray machine, you will have to pass through a metal detector or possibly a scanner. It's unfortunate, sometimes trans people can attract extra attention at this point.

Your reward is the departure lounge, which should have plenty of seating and depending on the airport, somewhere to get something to eat. You sit and wait until your flight number appears on the departure screens, and when it gives a gate number you follow the signs to the gate. There you'll probably wait some more before being called to board. You'll present your boarding pass to the airline staff and be allowed onto the plane where you'll find your seat number and sit down. Congratulations, you made it!

Passing Through Immigration Control, And Then Customs

At the arrival airport, getting off the plane involves a lot of queueing before a trudge through the recesses of the terminal to the immigration checkpoint. There you will present your passport and visa to the immigration officer. You will be asked questions about what you are doing and why you are entering the country, answer them truthfully. If all is well you will be allowed through.

After the immigration check you have then entered the country, and your next step will be to find the baggage conveyor belt and retrieve your baggage before proceeding to customs. Customs refers to governments charging import taxes on certain items such as large quantities of alcohol, or luxury goods. There is usually a small amount you can take through without paying duty, yet again it pays to look this up on the airport website.

As you walk through customs you'll be faced with two routes, a "Nothing to declare" one usually with green signage for those who aren't bringing any taxable goods in, and a "Something to declare" one with red signage for those who are. In most cases you are unlikely to have anything to pay customs on, so take the "Nothing to declare" one and you should be able to walk out into the public side of the airport. It's unusual to be stopped here, but if they do it will most likely be a random check. If they stop you they will want to search your baggage, obey what they say and be truthful, and you should be OK.

It's important to remind readers that taking goods liable for customs duty through without paying the duties is a crime, it makes you a smuggler. So be sure you take it seriously.

What Happens If Immigration Control Doesn't Go Smoothly

With luck, you will be allowed through immigration control with minimum fuss. It's possible though that they may have more questions and concerns, and will pull you aside for an interview. Don't worry, it's a normal part of the process and does not necessarily mean that you are being refused. They simply want to find out more about the purpose of your visit, and verify your credentials or qualifications for whatever visa you may have. For example some visas require you to have a particular level of resources, and they might want to see proof of that.

Answer their questions calmly and truthfully. Assuming you have done your homework and your visa and its requirements are in order, you should be OK. This does however underline the importance of making sure that you have a visa and that everything is in order; you do not want to find yourself refused entry.

Things You Need To Know About Passports

All passports have the same format, but sadly all passports are not equal. What that means is that individual countries decide which nationalities they welcome, and some are more welcome than others. Airlines are fined if they bring in passengers who go on to claim asylum, so they may not even let people from countries that are a source of refugees board the plane. The system is an inherently racist process, because they will stop many passengers who have entirely legitimate reasons to travel based only on their nationality, and often on the colour of their skin.

This should not be a problem for citizens of rich countries such as the USA or the UK, but makes travel a much more expensive and difficult process for citizens of the less welcome countries. The [Henley Passport Index](#) is a commercially run service that provides a passport value rating by country, should you wish to know more.

Ways To Get Out

Here at Trans Rescue, we believe that there are very few people who can not get out of a Country of New Concern like the USA or the UK in some form or another. In this context our mission is to extend the window of who can get out downwards; instead of only the wealthy leaving with golden visas on private jets, our aim is to ensure that people at the other end of the scale can leave on a Greyhound with a less fancy visa.

This page looks at some of the various types of visa and other routes, in an attempt to explain what is out there, and help you make your decision. Do your research, and be imaginative to find something that suits you. The list below appears in alphabetical order.

Asylum

This is not a visa as such, instead it is a right enshrined in the 1951 UN Convention Relating to the Status of Refugees, to seek asylum from persecution in other countries. It is normally claimed at the point of entry into that other country, and not via a diplomatic mission in the person's own country.

It often appears in discussions about trans people fleeing countries such as the USA or the UK, but since it is only granted subject to a set of well-defined legal tests, we believe that at the time of writing it would not be granted to an American or British citizen in another country. [We have published a comprehensive article with more information on why this is the case.](#)

Our advice at the time of writing is that transgender people from the USA or the UK should not try to claim asylum in another country, because doing so would most likely result in refusal and deportation.

Au pair

An au pair is a person who stays in a country with a host family, usually in exchange for work such as helping with child care. Many countries have au pair visas, which are usually subject to conditions such as an upper age limit, and not having a spouse or children.

Citizenship, ancestry, or family visas

Many people in countries such as the USA or UK have some form of immigrant background. Since most countries offer visas or routes to citizenship for people from their diaspora, this can represent a straightforward if not always easy way out. These schemes are always subject to conditions involving proof of ancestry and how far back your ancestry goes, which in many cases may require the services of a lawyer or genealogy researcher in your country of ancestry.

In some cases your country of ancestry may not in itself be an attractive destination, so it is worth researching whether it is subject to any international agreements or special visa schemes for its citizens. For example, citizens of EU countries have the right to live and work in other EU countries, citizens of the UK have the right to live and work in Ireland, and many countries are part of youth mobility schemes allowing their citizens under 30 to work for a few years in other countries. If an undesirable passport gains you access to a desirable third country, it is very much worth the effort

to acquire.

Digital nomad / Remote Worker

Many countries have special visas on a temporary basis, for remote workers who earn their living outside the country and can demonstrate a minimum income level. They represent economic sense as those remote workers will spend money and pay tax within the country, without being an undue burden upon it. Depending on the country they are usually from 6 months to a couple of years in length, and again depending on the country they can often be renewed. Some countries even provide a route to more permanent residence on the completion of a digital nomad visa. It is possible to move from country to country around the world on digital nomad visas without ever returning home, making the lifestyle a valid means of permanent escape. It is also important to understand that digital nomad income from remote work does not necessarily have to be online work. We have encountered people following this path by making jewellery from a workbench they carry around with them and are paid for via their US bank account, to name one example.

Of the countries we've listed in this book, here are those that digital nomads can work in, grouped by which safety tier we place them in, and with a short note where we have information.

Safe and has a digital nomad option

-  **Canada** - No nomad visa as such, but remote work allowed on 6 month visitor visa.
-  **Croatia** - Valid for up to 18 months, and extendable.
-  **Estonia** - Quite high monthly income requirement, at least 4500 Euros.
-  **Greece** - Valid for 1 year, extendable.
-  **Iceland** - Particularly high income requirement, 1m Icelandic Króna per month, around \$8000.
-  **Malta** - Renewable up to four years, 42000 Euros yearly income.
-  **New Zealand** - No nomad visa as such, but remote work allowed on 6 month visitor visa.
-  **Portugal** - Income four times Portuguese minimum wage, currently 3700 Euros per month.
-  **Slovenia** - 1 year duration, no extensions, 3500 Euros per month income.
-  **Spain** - 1 year, extendable, around 2500 Euros per month income.
-  **Taiwan** - Requires \$10000 savings, \$20000 income for 20-somethings, \$40000 for older people.
-  **Thailand** - Longer duration than many.

Proceed with caution and has a digital nomad option

-  **Argentina** - Short validity period, 180 days.
-  **Brazil** - Income greater than 1500USD per month, or 18000USD yearly.
-  **Costa Rica** - Valid for 1 year, extendable for another year.
-  **Czechia** - Valid for 1 year, renewable.

 **Italy** - Income requirement just below 25000 Euros per year. 1 year duration, renewable yearly.

 **Montenegro**

 **Uruguay** - 6 months, extendable another 6 months.

Education

Most countries welcome overseas students studying in their schools, language schools, and universities. It provides a lucrative income for those institutions, it offers a chance for cultural exchange, and it provides economic stimulus in the form of graduates who may settle and contribute to the country.

Thus you'll find a range of education visas, usually tied to the offer of a place at a seat of learning, and often tied to a certain level of fees. It is also not unusual for countries to have reciprocal study visas making it easy for their citizens to study in other countries, and vice versa. The European Erasmus scheme is an example of this.

Be aware that many universities in your own country may have reciprocal agreements with ones in other countries, so it may be possible to transfer without having to find a place from scratch. US universities may have a study abroad program. These send the student to another country for a longer or shorter period. Sometimes they are too short to be useful, but they may be an option.

Among all the legitimate institutions participating in these schemes you will also find scammers, so if you are considering this route make sure you research your destination exhaustively. Real institutions such as universities will have some form of government charter for instance, and the local equivalent of a .edu or .ac.uk domain name. Other schools will usually have passed government inspections of which there should be evidence online, make sure to look for these.

Employment visas

All countries offer visas allowing companies to recruit employees from other countries. They usually come with hefty conditions though, such as a minimum salary requirement and a need for the company to prove they can not recruit the same talent locally. Sometimes large multinational employers will even have opportunities for internal transfers across borders.

Some countries offer jobseekers visas, short term visas for the purpose of job hunting.

Not everyone can get a job that comes with such a working visa, but fortunately there are some other routes towards gaining a visa on the basis of employment. Many countries have shortages of particular occupations, and it's important to understand that these are not only for high-end careers. Often they can be found in surprisingly mundane industries such as agriculture or service industries, and sometimes they are for jobs that are unattractive, for example work in very remote places. These countries will usually maintain lists of shortage occupations on their official immigration websites, so good research can deliver benefits. Some countries have a language requirement for shortage occupation employment.

Entrepreneur visas

Many countries welcome entrepreneurs to their shores, because they bring investment and economic growth through their businesses. Thus you will often find some kind of entrepreneur visa on offer.

Entrepreneur visas are usually contingent upon some level of investment, and it's not uncommon for that to be a significant sum. We have advised people who are moving existing businesses under these terms though, so it may still be of interest to some readers.

A special case of the entrepreneur visa is the Netherlands DAFT visa, from the Dutch American Friendship Treaty. It grants Americans a visa to set up a company in the Netherlands with an exceptionally low investment of around 5000 Euros, subject to a set of conditions. This visa is a popular choice for Americans.

International agreements

Many countries include some form of access for each others' citizens when they sign international treaties. Perhaps the most well-known of these is the freedom of movement within the European Union, but there are a surprising number of others to look out for.

For younger people, look out for youth mobility or working holiday schemes, reciprocal agreements which allow people, usually the under-30s, to live and work in other countries subject to some conditions. These may include a part-time work requirement for working holiday visas, and are usually subject to a fixed time limit.

The DAFT entrepreneur visa for Americans going to the Netherlands (mentioned under Entrepreneur visas above) is another example of a visa resulting from a treaty.

Investment visas

Investment visas are intended to attract wealthy people to a country, in the hope of boosting their

economy. In many cases they are for the kind of person who might choose to fly in a private jet, but they are worth mentioning here for one reason which might benefit people of more modest means.

Some countries allow investment in property to qualify for one of these visas, and a person owning a house in the USA or the UK might find themselves with enough money to take advantage of this. If this applies to you it's worth doing some research here.

Marriage and domestic partnership

If your partner is a citizen of another country then you may find yourself eligible for a visa or even a route to citizenship in that country. In many cases this is restricted to married couples only.

Because sham marriages for the purposes of immigration exist, these visas are usually subject to conditions. It's normal to have to apply for a succession of visas each for a longer period before you are given a permanent visa, and you will have to provide evidence of your relationship and circumstances.

It is worth pointing out that even if both partners are not from the destination country there are still advantages to being married. For example, if one partner gets an employment visa they will often be allowed to bring their spouse with them. Sometimes a visa will even come with unexpected benefits for married couples, for example the partner of a Dutch DAFT visa holder will receive a work permit and can even become the main earner.

Language teaching

There are a variety of visas offered for some countries for work in language teaching. These may include options for those with a language teaching qualification, but can also include native speakers whose job is to provide conversation. They are usually subject to having found a job or a placement with a language school in the destination country before the visa can be granted.

Anglophones may have some of the widest choice here due to the numbers of people worldwide learning English, but these visas are not restricted to English.

Volunteering

Many countries offer volunteering schemes, often as part of reciprocal agreements. They may be restricted to younger people and they are for a fixed period, but sometimes as is the case with Germany, they can lead to more permanent visas.

A more informal special case of volunteering is WWOOF, for Worldwide Opportunities on Organic Farms. This is a scheme that links volunteers with organic farms around the world, the idea being that they work on the farm for a while in exchange for room and board. It does not have a specific visa though, so while in some cases it might be straightforward, in others you will have to find a visa that fits.

Among volunteer programmes there is one category which we must warn you about. There is a whole class of scam volunteer opportunities aimed at gap year students for which payment is solicited, this invariably ends up with the company running the scheme rather than the NGO the person ends up working for. Sometimes they even set up fake NGOs to dupe the volunteers.

Avoid these scams, and if you work for an NGO, make sure they are legitimate, and that you are dealing directly with them.

Strategies not tied to a visa

Sometimes there are things you can do which remove you from the danger zone or give you a route out of trouble, which don't rely on a visa at all. Often they are tied to particular jobs, but not always.

Border life

Border life refers to people who live close to the border and have a job with an employer on the other side of it. This could be as a local employee in their own country or working as a cross-border employee in the other country, however it establishes them in a position of frequently crossing the border. The idea is that should events start to look as though they might close the border for them, they can use their frequent crossing and network on the other side, to cross over and never return, before any crackdown. It's not without risks and it's certainly not a choice for everyone, but historically it has been a path for people to get out in a hurry if they need to.

Travelling jobs

There are many jobs, for example in the energy, transport, or travel industries, which involve by necessity lengthy periods away from your home country. People such as oil and gas workers, maritime crew members, or long distance truck drivers have visas tied to their occupations in which it's understood they are on the move or not seeking domicile. We have encountered people who have used their work in these industries to effectively leave their home country while still officially having it as their base, it's just a base they never quite return to.

Perpetual travellers

Another way to leave your country without officially leaving it is to become a perpetual traveller, moving around the world on tourist or visitor visas and never staying long enough to outstay your welcome. This is not a course for everyone though, as it requires a combination of resilience and a taste for adventure. It's important to consider how you might support yourself should you take this route as these visas usually preclude you from working in the country, but from the hippy trail to the super-rich it's a path that can be followed by almost anyone. Some people do it through the continual use of digital nomad visas to allow them to earn on their travels, moving to the next destination as each one expires.

A special case of perpetual travellers can be found in the yachting community, people who travel the world by boat and never quite return home. It's even possible to do this by working your passage in some form, however this is only for those with experience and certainly not for the faint-hearted.

Getting Out With Not Much Money

This chapter first appeared as a post on the Trans Rescue blog.

It's an unfortunate fact in our community, that many trans people are not wealthy. If that's you then don't despair you can still get out. You will, admittedly, need a little money, but it's door dash money, not \$10,000.

Remember that most people who are refugees are far poorer than you. They do it, and you can too if your life depends on it.

This article assumes you are not on disability, simply to make things clearer. We're working on another chapter for people on disability payments, but since it's an important subject that has to be got right, it's taking a while. Here we'll assume you're just working a low-paying entry level job or are unemployed, struggling to get by.

Some Strategies That Don't Require As Much Money

Go to Canada or Mexico rather than setting your heart on Europe. They are closer. It may not make that much difference to travel costs, but it does to your ability to retreat to the USA and try again if it's not working. If you find a job in Canada you can apply for a work permit under CUSMA.

If you are worried that you don't have high-end skills, remember that many countries maintain lists of shortage occupations, that is, jobs which they don't have enough people to fill. They are not all high-end jobs such as doctors or scientists, in fact they are often surprisingly mundane and ordinary jobs. Typical sectors include agriculture, service industries, and low-end healthcare jobs.

Air travel is cheap but you need shelter at the destination. Surface travel means you can carry some minimal camping shelter with you. Google advice on getting cheap tickets.

Join an Au Pair program. Someone else pays your living expenses. Downside – you now have a crummy job taking care of someone else's kid.

Backpacking travel – Combine this with volunteer tourism.

Live on the border – Don't truly emigrate, but move near the Canadian border. Go over the border more and more and apply for jobs. When you get a job offer, use CUSMA to get a permit.

Slow down – Make an emergency leave plan, even if it's unattractive: "I have a bugout bag and passport. In an emergency I'll take a bus to Windsor and figure out how to survive." Then make a better plan that involves saving like crazy until spring.

It is going to be hard, but others have done it. You may have to leave your stuff behind or sell precious treasures. You may have to work even though you're on disability. Some comfortable habits (buying weed or eating delivery) may need to be broken. You are going to need to be resourceful, imaginative, and willing.

Mostly, you are going to need to be self-reliant. GoFundMe, #mutualaid, and similar requests are going to dry up. Everyone is in trouble and aid is spread thin.

There are options! Many require little or no money. You may have transferable skills or knowledge that you can apply in new areas.

Or you can do manual labor or entry-level data entry. Everyone starts somewhere.

Group Tactics

You may be stronger in a group, especially if you have few resources on your own.

Form an affinity group. This is a group of people who have a common goal, and an agreement to act as a team for this common purpose, taking care of each other until the goal is reached. Its members may be friends, but it's definitely not just a group of friends. Don't invite people who can't contribute as much or more than they take to the group. Demand everyone contribute – don't take dead wood or problematic people with you.

Meet and get consensus about how things will work beforehand. How will you resolve disagreements about tactics on the voyage? Will you have a leader? You probably will have one even if you say you won't.

What is your goal? It might seem obvious that a mountain climbing expedition's goal is to reach the top. But there are many questions. How much danger is acceptable? Is the goal to get one person to the top or get everyone as high as possible, or?

Have agreement on issues like drug use, alcohol, sex among group members, guns, and anything else likely to split the group. If you don't have agreement, make two affinity groups instead of arguing who is right.

Here are some tactics for your group to use:

Share resources – one person has a good car, another is a shade tree mechanic, another plays an instrument and can busk (play on the street for donations). One of you has a big tent, another is just more resourceful.

Share skills - One of you is a decent mechanic when the shared car breaks down. Another knows how to camp. Help each other and share knowledge.

Pool finances and send one person. When they're established, then others go join them. This is how many immigrants got to the USA out of Nazi Germany, and how many got from the "old country" to the USA historically.

Live 6 in an apartment for a month. It won't be comfortable, but at the end of the month you have 5 rents.

Get on community buy/sell boards or gig sites and offer services together, such as moving.

Ways to Earn Money Quick

Work an event – Check online, they are often looking for people to work events (catering service, concerts, etc.).

Busk – If you can play an instrument, stand on a downtown street and play with a hat in front of you.

Sign – makes \$5-\$10 an hour.

Sell your stuff – if it's not going with you, sell it on ebay.

Door Dash – if you are in their system in one city you can do it anywhere.

Sell something on Etsy – crochet something cute and easy to make. You can do it anywhere. Or there are loads of digital products you can make and sell entirely online.

Get on community buy/sell boards or gig sites and offer services like tutoring.

Conclusion

We are in a crisis, and we want you all to survive. It will be hard, but it is possible. Go, and may the spirit of all trans people before you go with you.

Living In A Different Culture

Your travels may land you in a place with a slightly different culture, or in a very different one. Surprisingly when it comes to a new culture, even slightly different can be as hard to navigate as very different. We're not surprised when Nepalis have different ideas about housing than Americans, but it's a nasty shock to discover that the emergency dispatcher in the Netherlands thinks it's reasonable to suggest other alternatives when you call for an ambulance because you're bleeding to death. That things look and work more or less like home means the change catches you off guard. The usual term for encountering a disconcerting cultural difference is culture shock. The term culture rage is useful, if less widely understood.

Culture shock versus culture rage

Culture shock is the experience of being confused by a cultural difference. WTF is this? Why has this random person handed me some money? Why is the bus driver yelling at me? Why has this person I had a pleasant conversation with at a bus stop inviting me to come live with them?

Culture rage is "I know this is what they do here, but it's driving me crazy". As an example, Indians have a reluctance to admit they don't know the answer to a question, so asking directions may elicit their best guess when in reality they have no idea.

You can experience even more extreme culture shock when returning to your previous country. Since you're 'home', your guard is down and you're caught when you discover biking isn't a practical way to get anywhere in the USA - something you'd never have tried before living in the Netherlands.

Give yourself some time. Become involved in something local. Find some local friends. Learn the names of people who serve you at local shops. Go with the flow. If you have to blow up from culture rage, do it somewhere it won't be destructive. You will probably encounter things people consider normal that you consider wrong. You, as a new arrival, might not be the best person to lead social change.

Remember also that they may think some things you do are terrible. The way the elderly are treated in the US is seen as disgraceful in many corners of the world. With America's ongoing racism and treatment of First Nations peoples, maybe lecturing people about their own culture when you're a refugee they've taken in isn't the best moral position.

What helped me most was not comparing everything to my home country, but trying to understand why people here act the way they do. With time, I started adapting and seeing the beauty in the differences instead of seeing them as something negative

- A former Trans Rescue passenger

They Do Things Different Here

How to wipe your butt after pooping is one of many cultural differences you'll find around the world. In many places it's done with water. You'll find a container for doing so in the bathroom, often shaped like a teapot, a watering can for plants, or a measuring cup. Fill

with water, use to wash the poo off. If you have to, use your left hand to push, then wash it afterwards. In such places, eat with your right hand, even if you're left handed, and never touch anyone with your left hand.

A Few Things That Are Commonly Seen As Rude

- Shoes need to be left at the door in many places.
- What parts of your body need to be covered varies. In some countries you need to wear something that covers your crotch and goes between your legs - like a long tunic. There are often extra rules for entering temples and such places. Follow them.
- Showing the bottom of your feet is often disrespectful. So is sitting in a higher place than senior people. Generally people are pretty tolerant of a foreigner who hasn't figured it all out, but it can be trying.
- Learning some of the local language goes a long way towards being accepted. Even if it's not enough to be 'useful', knowing how to greet people shows you're in Rome and trying to do as the Romans do.
- Don't bring your political correctness in a big basket. Trying too hard to make up for a millenium of western civilization will keep you from actually connecting with those around you. They are human, as are you.
- Do not, under any circumstances, assume some group is 'really spiritual'. Generally, be very leery of engaging with anything that smacks of religion unless you are very comfortable in that culture.
- Trans/gay/queer identity is likely constructed differently from what you are used to. See the chapter on local gender identities.
- It's perfectly OK to use expat communities, or hanging out with western tourists and in businesses designed to cater to western tourists as a bridging support while you settle in, and even after. If you enjoy the local American club in Tokyo, go for it. Don't buy into a status ranking where you, living in Happyland, are better than the college student hiking through Happyland in the summer. That the student will have less cultural fluency is just a matter of knowledge, not a moral standing.
- Money is going to be complicated. Gifting can be very different in different places. In many parts of the world giving a small amount of money to your friend is a perfectly fine way to show you appreciate them. In the US it would be weird. In some countries it's a cultural expectation that the rich care for the poor. If you are seen as having money, you are going to be hit up to help pay for their uncle's funeral. If you are indeed wealthy by local standards, pay up and welcome to Happyland. If you are not, nobody is going to believe you, and you're going to be seen as stingy, a serious social fault in some places. Good luck. About all you can do is avoid lavish spending, don't act "important", and discuss it honestly with those around you.
- Shopping can be painful. In places where haggling is expected, you can expect to pay much higher prices than locals. If you are a tourist this fits with 'the rich provide for the poor'. If you are a poor refugee, this can literally make staying there untenable. Shopping wisely, spending extra time comparing prices, and discussing thriftiness with a friend in front of the shopkeeper can help communicate "I'm living here too".
- You may find yourself looking for American foodstuffs. Likely the source is a fancy gourmet food shop or high end fancy foreign restaurant. Even if the prices aren't excessive, shopping there can communicate to friends that you have lots of

disposable income.

Our Indian expert told us a story about visiting the Jain Temple in Ajmer with some Indian colleagues. The temple features an enormous gold model of Ayodhya. This incredible display is some 70 feet by 35 feet and resembles a diorama or model railroad, with miniature buildings - all made of gold. They were pressed against the glass, gawking at all this, when one of their Indian friends said "Oooh, America must be like this". After the response "No, in America the streets are concrete, not gold. And some people sleep on them", the Indians quit treating them like their rich American friend, and started treating them like their American friend.

Some things you are used to might not be available. Close to home for Trans Rescue, you can't buy sugary American cereal in the Netherlands - it has some banned substance in it.

Friendship can be different. Help your local friend by pointing that out, so you can work together to find common ground.

Gender relations are almost certainly different. Trans people have a certain ability to be friends with both cis men and women. Be aware you might be more firmly shoved into a mainstream gender role, and that cross-gender friendships might be less acceptable.

The norms of working can be different. Before you assume you're in a shitty employment, check in with locals - maybe it's normal. Think about it for a moment, many norms in American employment are considered outrageous by Europeans.

It's easy to be isolated if you don't speak the local language well. It's actually worse if most people in your host country speak English as well. Even if you try to talk in your broken HappyLandian, they respond in English. You will sooner or later, probably sooner, meet someone who is convinced they speak flawless English who talks to you in broken gibberish. Doggedly keep going.

You may mess up class relations. In a society where everyone fits neatly into a box and you are in neither, expect some confusion. On the other hand, you have the privilege of not being expected to fit in.

In many places people have relatively few goods. It doesn't mean they're all poor. You just don't need as much stuff as you think you do.

Adopt the local clothing. Not the local traditional ceremonial clothing, but whatever normal people wear on a day to day basis. Imagine a New Yorker moves to rural Kansas. Their chic black dress and perfect look are going to be very out of place. But dressing like Jessie from Toy Story 2 is also out of place. Most women in Garden City, Kansas wear simple, practical clothes depending on the weather, their occupation and age. The real estate agent wears a sensible pantsuit, the elderly grandmother wears a conservative dress, the rancher's wife wears jeans and a cheap top, since she knows it's gonna get cow shit on it sooner or later.

But living in a different culture definitely brings benefits. You will become more adaptable,

independent, and confident. These can be tough while you are becoming them, but they're good things. You have a whole new pop culture to explore. India has an amazing movie industry. Japan has .. well, it's Japan for goodness sake. You'll discover Happylandian Cow Balls are actually amazingly tasty and cook them for the rest of your life, complaining bitterly that you can't get the ingredients in some new place you're living. Above all, approach wherever you find yourself with an open mind, and treat it as an opportunity for new things rather than a challenge.

Trans Identity In Other Places

In other countries, particularly those outside of American or European culture, you may encounter people we might see as trans but who describe themselves differently, or act out their transness differently. There may be several identities to choose from. This is even the case in the USA, where trans identity is understood very differently by a transmedicalist than by someone from the New York ballroom scene. In some places people who we'd describe as trans women call themselves 'gay'. If this seems strange, remember that the trans women involved in the Stonewall Inn riot referred to themselves as drag queens. Just as you'd be wise not to assume that everyone agrees what is reasonable to eat at breakfast, don't assume local trans folks are going to have the same understanding of gender or follow the same social rules of what it is to be trans.

Encounter people, not a culture. If you encounter people with a gender identity you aren't familiar with, treat them as you would any other trans person - with friendship and good fellowship. While they may have some religious significance in their culture, they do not possess some mystical spiritualism, instead they are people just like you. They may even find how you construct your gender a bit weird.

Do not however approach them expecting to be welcomed as one of them. If you are rejected, take it with good humour, and go elsewhere.

If you do find yourself welcomed, don't join anything unless you have a deep understanding of what you are becoming a part of. This must include acquiring comprehensive knowledge of the local culture, and especially fluency in the language.

Be aware that marginalized communities in some cultures are also involved in criminal activities. This can include trafficking, and kidnap. Do not become a victim.

Understand that you may be more welcome for what you are perceived to be able to provide (money, power) than for who you are. This is not a great place to be. Overcoming it is a many year long project that will consume much of your life. Be sure it's what you want.

In the same vein as advice to forgo the "ooh, spiritual" routine with trans folk with indigenous identities, an excess of political correctness can be very rude. You are not responsible for the entire history of colonialism, only for not reproducing it.

In most cultures there is a traditional social role for folk like us. Sometimes this includes being a member of some form of organized structure such as the South Asian Hijra community, while in other cases they are not. Be sure to distinguish between being trans however that is constructed locally and being a member of a structure. As an example, not all Indian trans people are Hijras, and not all Hijras are Indian. Indeed local trans activists in India sometimes see the Hijra community as a repressive force.

If we want you to take anything away from this chapter it is this. Don't be a dick, know what you are getting into, and use common sense.

How We Rate Countries

When it comes to making decisions, people like ratings. They like a convenient ranking which allows them to say “Option B is better than Option A”. In some cases this is easy to do, as for example with the price of a computer peripheral. If shop A has the part at \$100 and shop B has it at \$110, it’s obvious shop A is the better choice.

When rating a country as a destination for transgender people, things become much more difficult. There are so many variables in play that some kind of numerical index is out of the question. Equally single sets of data aren’t an adequate measure on their own. For example you might rate a place highly on its antidiscrimination laws and name it as a good destination, while being unaware that the provinces outside its capital city are locked in a bitter drug war that makes it dangerous.

Our four-level rating

We have therefore avoided a numerical formula for rating a destination, instead we started with the simple question, “Is this place safe or unsafe?”. Then we split “safe” or “unsafe” further into two categories and arrived at the following four levels. They are not perfect, but they allow a broad assessment while allowing for flexibility in the reasons for applying the rating.

1: Safe

As it sounds, this place is safe for transgender people. It’s the gold standard. You can go about your daily life here unhindered, it’s a safe environment in which to live, and crucially, you have protection under the law. If you have a way in, consider moving here.

2: Proceed with caution

You should be able to be OK here, but there are things you have to be careful about. These countries can be safe places in which to live, but there may be cultural or political considerations to beware of. They may have good anti-discrimination laws but a strong conservative religious influence for example, or TERFs infiltrating their political decision making process. Or they may almost meet that gold standard of a safe country, but lack anti-discrimination legislation that gives you protection under the law. Look into moving here by all means, but be aware you may have to watch out for something.

3: Unsafe

You won’t be safe here, but they won’t kill you just for being trans. The reasons for being unsafe can vary from cultural hostility through government action, to war, but there’s a reason why if you stick around in this country it may not go well for you. Don’t move here.

4: Danger

They will kill you if they find you here. These are the countries in which either the government or the populace will pick you up or kill you on sight as a transgender person. In some cases it’s driven by politics, in others religion, or sometimes it’s just outright prejudice. The reasons don’t matter, you aren’t going to be going near this place.

How you see this depends on where you are

It's crucial not to look at these ratings only from your own perspective. If you are an American, you will quite naturally see anywhere in the "Unsafe" category as off-limits, and depending on how comfortable you are departing from your norms, possibly the "Proceed with caution" category too.

But forget you are an American or a European for a moment, and see it from the eyes of a Ugandan. The Ugandan government is enacting a genocide against LGBT people, which puts their country firmly in the "Danger" category. To a Ugandan a neighbouring country we rank as "Unsafe" looks a lot safer than their current location and represents a good option if they can get there, and a "Proceed with caution" country is much better.

This neatly illustrates the problem with easy rankings, so the compromise in our four-level ranking becomes obvious.

List Of Countries

Over the following pages we have tried to present a detailed look at a range of countries which readers might be tempted to consider.

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How did we pick this list?

To cut the list of the world's countries down to a manageable size, we discarded those without anti-LGBT discrimination laws. In most cases this cuts out obviously dangerous countries, but while some we cut out could be safe, it makes for an easily-understood distinction.

Despite having anti-discrimination laws, as you will read in the following pages we do not recommend all of these countries as destinations. Some of them have internal security issues, while others still harbour hostility for LGBT people. Those countries are included here for information, in case any passengers might have considered them unawares.

Terrorism warnings in national travel advice

A depressing feature of many US and UK government travel advice pages are prominent terrorism warnings. As an example, Belgium, one of the safest countries in the world for an LGBT person, has one from the US. In most cases they can be taken as meaning “There has been a terrorist attack somewhere in this country” rather than “You are likely to be the victim of a sustained terrorist campaign”.

We have not repeated them here, because we feel that in many cases they serve only to cause alarm and do not represent the true level of risk. Indeed we feel the word “Terrorist” has at times been misused in both the US and the UK as an attempt to demonize groups or causes their governments don’t like. Among Trans Rescue’s staff are people who have experienced life in countries with genuine sustained terrorist campaigns, so we would prefer not to join in the devaluation of the word. If a country is really dangerous, we will say so.

We have tried to provide an indication of the security situation in each of the countries considered here, but our recommendation to all readers is to carefully research security for yourself, for any destinations you are considering.

Use of reported trans murder statistics

In compiling this information we have not used tallies of trans murder victims such as those used for Trans Day of Remembrance. In our view they are unreliable as a comparison tool in this context because they are never quoted in the context of population, and they are best considered a measure of the willingness of the media and NGO sector in a particular country to report the deaths of transgender people. It is very sad to say that were everywhere to have equally good media and reporting, there would be many countries appearing on the list for the first time, and with much higher figures than those already on it.

Statistics in the country pages

The following pages contain a set of information about each country, along with visa research, and a description of the situation there both generally and for LGBT people. They also contain a set of figures that should serve as comparative indicators. These deserve some explanation.

Time zone

This gives the time relative to UTC, which is the Greenwich meridian.

Percent English speaking

Since this book is written mostly with people from the UK and USA in mind, it is helpful to have some idea of the level of English proficiency in a country. These figures come from [Wikipedia](#).

Climate

Average temperature is a useful guide to general climate, but we should warn you that in a few cases it’s a flawed one. As an example the figure for Canada at -4.03°C represents a yearly average across a vast landmass from the frozen Arctic north to the arid regions of British Columbia and the steamy hot summers of southern Ontario.

GDP per capita

GDP per capita is the total value of a country's goods and services, referred to as gross domestic product, divided by its total population. We're expressing it in US dollars, alongside the US figure for comparison. This is UN 2023 data.

Median daily income

Median income is the income at which half of a population earns more, and the other half earns less. We're expressing it in US dollars, alongside the US figure for comparison. This is World Bank data for daily income.

Human Development Index

The Human Development Index is a composite of life expectancy, education, and per capita income for a given country. We're placing the figure for each country alongside that for the USA. These figures come from [Wikipedia](#).

Global Organized Crime Index

The Global Organized Crime Index measures the level of criminality and resilience to organized crime for 193 countries along three key pillars – criminal markets, criminal actors and resilience. These figures are produced by the Global Initiative Against Transnational Organized Crime.

Corruption Perceptions Index

The Transparency International Corruption Perceptions Index ranks 182 countries and territories worldwide by their perceived levels of public sector corruption.

Albania



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

No data

Location:



Climate

Average temperature: 12.44 °C (54.39 °F)

Image credit:

[Bosonic dressing, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$8172, USA: \$80706

Median daily income: \$12.84, USA: \$70

Human development index: 0.81, USA: 0.938

Crime

Average organised crime index: 5.2, USA: 5.87

Corruption perceptions index: 42, USA: 65

Government immigration website

<https://e-albania.al/>

Summary

Albania is a European country on the Adriatic Sea, but lies outside the EU and Schengen zones. It is a conservative society in which religious traditions still have considerable influence. Both the UK and US mention a higher risk of crime for visitors to Albania in their overseas travel advice.

Albania has strong anti-discrimination laws, but does not have gender identity laws or permit same-sex marriage. In 2026, ILGA Europe gave Albania a 40.58% rating, 24th out of 48 countries.

Our assessment is that it is possible to live safely in Albania, but it would require care and attention to social customs and behaviour, and could be considerably more challenging than other European countries with better security and situation towards LGBT people.

Visa notes

Albania has a “[Unique permit](#)”, which combines both residence and work permits into a single document. There is no Albanian digital nomad visa, however something like it can be achieved through the unique permit mentioned above.

Argentina



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-03:00

9AM in New York is 11AM here.

9AM in Los Angeles is 2PM here.

Percent English speaking

6.52%

Climate

Average temperature: 16.30 °C (61.34 °F)

Location:



Image credit:

[Hogweard, CC BY 3.0.](#)

Economic indicators

GDP per capita: \$14187, USA: \$80706

Median daily income: \$19.13, USA: \$70

Human development index: 0.865, USA: 0.938

Crime

Average organised crime index: 5.25, USA: 5.87

Corruption perceptions index: 37, USA: 65

Government immigration website

<https://cancilleria.gob.ar/en/service/foreigners/visas>

Summary

Argentina is a South American country occupying the lower portion of that continent's Atlantic seaboard. It is a country with a high level of social acceptance of LGBT people, very strong anti-discrimination laws, and in particular, gender identity laws. That said, Argentinian trans people, and in particular trans women, have historically faced an increased risk of violence over that of the general public. Both the UK and US governments warn about a moderate risk of street crime in some cities in their overseas travel advice.

Argentina has in the past faced a lengthy period of economic turmoil, with hyperinflation and political instability. The current president Javier Milei is a conservative populist who took office in 2023, and who has instituted a process of economic reforms to bring the economy under control. He has taken a harder line on immigration than his predecessors, and worryingly, echoed Donald Trump in his public statements on transgender people.

Our assessment is that Argentina could be a safe destination country because of its strong anti-discrimination laws and high social acceptance of LGBT people, but our advice remains to proceed with caution and have an eye towards your security and the future course of the Argentinian government.

Visa notes

Argentina has surprisingly few useful visas beyond the standard range, but there is [a digital nomad visa](#) for the country. Unfortunately it has a particularly short validity period of only 180 days, about six months.

Australia



Safe We think this country should be safe for transgender people.

Time zone

UTC+8:00 to UTC+10:00

Percent English speaking

91.10%

Climate

Average temperature: 22.05 °C (71.69 °F)

Location:



Image credit:
[Ssolbergj, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$67129, USA: \$80706

Median daily income: \$59.90, USA: \$70

Human development index: 0.958, USA: 0.938

Crime

Average organised crime index: 4.07, USA: 5.87

Corruption perceptions index: 77, USA: 65

Government immigration website

<https://immi.homeaffairs.gov.au/>

Summary

Australia is a country with a strong acceptance of LGBT people, and equally strong LGBT protection laws. The travel advice from the UK and US governments spends more time on the hazards of travelling in the Outback and from dangerous wildlife than it does on security, mentioning the chance of petty crime of scams targeting visitors.

Australia has a high standard of living, a stable government, and a stable economy.

Our assessment is that Australia is a safe destination country.

Visa notes

Probably the visa of most interest to many people reading this page will be the Australian working holiday visa for the under-30s(USA), or under-36(UK), that allows the holder some basic rights to work in Australia while travelling. It has a 12 month duration, and can be issued three times. It has a particularly large number of eligible nationalities, including both the USA and the UK.

Australia also has [a comprehensive range](#) of different student, training, employee, and skilled worker visas which are too numerous to list here.

Austria



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

73.08%

Climate

Average temperature: 7.44 °C (45.39 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$56042, USA: \$80706

Median daily income: \$71.44, USA: \$70

Human development index: 0.93, USA: 0.938

Crime

Average organised crime index: 4.3, USA: 5.87

Corruption perceptions index: 67, USA: 65

Government immigration website

<https://www.migration.gv.at/en/welcome/>

Summary

Austria is a European country, part of both the European Union and the Schengen zone. It has strong anti-LGBT discrimination laws, gender recognition, and same-sex marriage. In 2026, ILGA Europe gave Austria a 54.98% rating, 16th out of 48 countries.

Austria has a strong economy, stable politics, and a high standard of living. It has a lower crime rate than its neighbours, though both the US and UK mention petty crime targeting tourists in their travel advice.

Our assessment is that Austria is a safe destination country.

Visa notes

The Austrian Red-White-Red Card scheme offers an opportunity for many different specific professions. Lest you imagine that this scheme is only for rocket scientists, there is a list of [shortage occupations](#), both nationally and by region, that includes many more mundane jobs.

Sadly there is no Austrian digital nomad scheme.

Austria is part of the EU Blue Card scheme.

Belgium



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

59.05%

Climate

Average temperature: 10.67 °C (51.21 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$55049, USA: \$80706

Median daily income: \$62.89, USA: \$70

Human development index: 0.951, USA: 0.938

Crime

Average organised crime index: 4.82, USA: 5.87

Corruption perceptions index: 69, USA: 65

Government immigration website

<https://dofi.ibz.be/en>

Summary

Belgium is a European country, part of both the European Union and the Schengen zone, with strong LGBT rights and anti-discrimination laws. Same-sex activity has been legalised in Belgium since 1795, compared to the later half of the 20th century for many of the other countries being considered here. In 2026, ILGA Europe gave Belgium an 85.31% rating, 4th out of 48 countries.

Belgium is a federal state, with a series of regions divided along linguistic lines. Broadly, Flanders occupies the the upper half of the country and is inhabited by Vlaams (a sister language to Dutch) speakers, Wallonia occupies the southern half and is inhabited by French speakers, and there is a small German speaking region in the east of the country. The capital Brussels forms its own linguistically mixed region. The federal nature of Belgium is immediately apparent to visitors in the form of sudden linguistic and cultural differences as the unseen borders between regions are crossed, and is the dominant feature of Belgian politics. This has in the past led to lengthy periods without a government as the regions fail to reach agreement, however this does not affect the stability of the country as the Belgian system is accustomed to its regional politics.

Belgium has a high standard of living, and while it has a lower level of crime than its neighbours it remains subject to travel advice warnings about street crime and petty crime from both the UK and US governments.

Our assessment is that Belgium is a safe destination country.

Visa notes

Belgium has a “Professional card”, this is a self-employment authorisation that can be linked to a visa application. It allows for remote work, but is not a digital nomad visa.

The country has an au pair scheme.

Belgium is part of the EU Blue Card scheme.

Bolivia



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC-04:00

9AM in New York is 10AM here.

9AM in Los Angeles is 1PM here.

Percent English speaking

No data

Climate

Average temperature: 20.76 °C (69.37 °F)

Location:



Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$3686, USA: \$80706

Median daily income: \$16.85, USA: \$70

Human development index: 0.733, USA: 0.938

Crime

Average organised crime index: 5.12, USA: 5.87

Corruption perceptions index: 28, USA: 65

Government immigration website

<https://migracion.gob.bo/>

Summary

Bolivia is a South American country with strong anti-LGBT discrimination and gender recognition laws. That said, it remains in part a conservative society in which religious traditions still have considerable influence.

Both the UK and US warn about a significant risk of crime in their travel advice, and warn against travel to certain areas of the country.

Our assessment is that while it could be possible to live safely in Bolivia, the security situation is such that we would recommend against it as a destination.

Visa notes

Bolivia is frustratingly short on visas that might be of use, however we are informed that the country is overhauling its visa system.

We suggest you research the current Bolivian visa situation carefully at the website above.

Bosnia and Herzegovina



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

No data

Climate

Average temperature: 10.35 °C (50.63 °F)

Location:



Image credit:

[Maplab, CC BY 3.0.](#)

Economic indicators

GDP per capita: \$8639, USA: \$80706

Median daily income: No data, USA: \$70

Human development index: 0.804, USA: 0.938

Crime

Average organised crime index: 5.92, USA: 5.87

Corruption perceptions index: 33, USA: 65

Government immigration website

[https://sps.gov.ba/?page_id=2491\(=en](https://sps.gov.ba/?page_id=2491(=en)

Summary

Bosnia and Herzegovina is a European country, outside both the EU and the Schengen zone. It has a complex religious and ethnic mixture, and remains scarred by the conflict following the breakup of Yugoslavia. As part of its aspirations towards eventual EU membership it has adopted both anti-LGBT discrimination laws and gender recognition laws, but not same-sex marriage laws. In 2026, ILGA Europe gave Bosnia and Herzegovina a 36.99% rating, 27th out of 48 countries. It remains a conservative society with considerable religious influence, and gatherings of LGBT people have attracted violence.

Both the UK and US governments warn about a significant risk of crime in their travel advice, as well as a danger from unexploded ordnance in former conflict areas. In addition they express concern over anti-Western sentiment in majority-Serbian areas given Western support for Ukraine.

Our assessment is that Bosnia and Herzegovina would be a challenging destination. Other European countries may present a safer alternative.

Visa notes

Bosnia and Herzegovina does not have a digital nomad visa as such, but they do have a temporary residence permit which can be granted for freelancers.

Brazil



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-05:00 to UTC-02:00

Percent English speaking

5.56%

Climate

Average temperature: 25.44 °C (77.79 °F)

Location:



Image credit:

[David Ayala, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$10378, USA: \$80706

Median daily income: \$15.74, USA: \$70

Human development index: 0.786, USA: 0.938

Crime

Average organised crime index: 7.07, USA: 5.87

Corruption perceptions index: 34, USA: 65

Government immigration website

<https://www.gov.br/pt-br/temas/immigration-public-services>

Summary

Brazil is the largest of the South American countries, with a population of over 213 million. It has strong anti-LGBT discrimination and gender recognition laws. There is a well-established and visible LGBT community in Brazil, with a significant number of Pride events held across the country. Same-sex activity has been legal in Brazil since 1830, and gender identity laws date from 2009. However it remains in part a conservative society in which religious traditions still have considerable influence.

Both the UK and US warn about violent crime and kidnapping for travellers to Brazil, with warnings against use of public buses, travel to certain areas of the country, and to favelas, or shanty towns. It has a particularly high average criminality index.

There are many accounts of anti-LGBT violence in Brazil, and an often-quoted figure is that Brazil has the highest number of murders of transgender people in the world. However we would like to sound a note of caution over using this figure as a comparison. It is usually quoted without reference to the large size of Brazil's population, and in our view it is also a measure of the increased willingness of the Brazilian media and NGO sector compared to those of other countries to report the deaths of transgender people. It is very sad to say that were everywhere to have as good reporting, other countries and regions would doubtless have higher figures.

Our assesment is that Brazil's LGBT culture and strong legal protections could make it worthy of

consideration, but that crime and concerns over anti-LGBT violence mean that enhanced attention would have to be paid to security.

Visa notes

Brazil has a digital nomad visa, requires an employment contract or service agreement with a non-Brazilian company, and pay slips greater than 1500USD per month, or proof of having 18000USD yearly income.

Bulgaria



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

24.90%

Climate

Average temperature: 11.35 °C (52.43 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$15068, USA: \$80706

Median daily income: \$30.18, USA: \$70

Human development index: 0.845, USA: 0.938

Crime

Average organised crime index: 5.58, USA: 5.87

Corruption perceptions index: 43, USA: 65

Government immigration website

<https://www.mvr.bg/migration/en/>

Summary

Bulgaria is a European country, part of both the European Union and the Schengen zone. Same-sex activity has been legal in Bulgaria since 1968, but there is no right to legal gender change. Bulgaria has anti-discrimination laws, but they do not include discrimination on the grounds of gender identity. In 2024 the Bulgarian parliament passed a law restricting LGBT education in schools.

Bulgarian society harbours a strong anti-LGBT sentiment, and draws considerable influence from religious traditions. In 2026, ILGA Europe gave Bulgaria a 19.76% rating, 40th out of 48 countries.

Both the UK and US rate Bulgaria as a low-risk destination for travellers, however there are the usual warnings about petty crime and scams.

Our assessment is that Bulgaria would not be a good destination due to its low tolerance for LGBT people, particularly considering the number of other more welcoming European countries.

Visa notes

There is a Bulgarian digital nomad scheme introduced early in 2026, but its requirements seem a little complex compared to others. As we understand it their type D long stay visa must be applied for first, allowing entry to Bulgaria for the purpose of applying for a residence permit. Once in the country a residence permit can be applied for under the digital nomad scheme, subject to a set of conditions.

Bulgaria has a retirement visa for retired non-EU citizens with a stable pension income who can prove that they have sufficient funds.

Bulgaria is part of the EU Blue Card scheme.

Canada



Safe We think this country should be safe for transgender people.

Time zone

UTC-08:00 to UTC-03:30

Percent English speaking

82.07%

Climate

Average temperature: -4.03 °C (24.75 °F)

Location:



Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$54517, USA: \$80706

Median daily income: \$66.45, USA: \$70

Human development index: 0.939, USA: 0.938

Crime

Average organised crime index: 4.17, USA: 5.87

Corruption perceptions index: 75, USA: 65

Government immigration website

<https://www.canada.ca/en/immigration-refugees-citizenship.html>

Summary

Canada is a North American country with some of the most robust anti-LGBT discrimination and gender recognition legislation in the world, as well as one of the most accepting cultures for LGBT people. It has a large, active, and visible LGBT community.

Neither the UK or the US have any significant advisories for travellers to Canada, and it has a low average criminality index.

Behind the positive whole of Canada lies a federal landscape in which politics vary widely between provinces. Traditionally the more sparsely populated regions of Canada are more conservative than the larger cities and more populous regions, and some provincial governments can take positions at odds with the national one. As an example, in 2026 Alberta is pursuing a ban on trans athletes.

As part of his expansionist ambitions, Donald Trump has repeatedly stated his desire to incorporate Canada into the United States. It's likely that invading his northern neighbour would be a costly undertaking for the US president, however the prospect of some form of future American action against Canada can not be discounted.

Our assessment is that Canada is a very good destination for a transgender person, but that care should be taken to consider the politics of your likely Canadian provincial destination, and to follow world events as Donald Trump's military adventurism unfolds.

Visa notes

Canada has an express entry scheme, which grants permanent residence for in-demand skilled workers. They operate a points-based system, and there are both national and provincial programmes. The province of Quebec operates its own schemes, if you are a fluent French speaker.

The CUSMA / USMCA work permit scheme is part of the US/Canada trade agreement, and covers work permits for specific professions for US citizens, mostly tech-related.

The International Experience Canada (IEC) scheme is available to both UK and US citizens under 35, offering shorter term working holiday visas for up to 2 years.

Canada does not have a digital nomad scheme as such, but they allow digital nomads to work remotely in the country for the duration of a 6 month visitor visa. Quoting the [Canadian government web site page on the matter](#): “Digital nomads working remotely for an employer outside of Canada can live and work here for up to 6 months at a time. **They don’t need a work permit.** All they need is visitor status. We’re working with provinces and territories to consider more options to attract digital nomads“. We would suggest as always that you verify the current status of this yourself before taking this route just to make sure, however it could be an attractive proposition for those on the move.

Chile



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-04:00

9AM in New York is 10AM here.

9AM in Los Angeles is 1PM here.

Percent English speaking

9.53%

Location:



Climate

Average temperature: 9.39 °C
(48.90 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$17068, USA: \$80706

Median daily income: \$22.83, USA: \$70

Human development index: 0.878, USA: 0.938

Crime

Average organised crime index: 5.48, USA: 5.87

Corruption perceptions index: 63, USA: 65

Government immigration website

<https://serviciomigraciones.cl/>

Summary

Chile is a South American country occupying the largest portion of the continent's Pacific coast. It has robust anti-LGBT discrimination and gender identity laws, having had legal gender recognition since 1974. A majority of Chileans hold a positive view of LGBT people, though discrimination against trans people can still be an issue particularly in employment.

The US and UK governments both mention a risk of street crime and scams in their advice to travellers.

Our assessment is that Chile could be a safe destination for someone prepared to consider local culture and their own security, and to ensure that they have a source of employment or income.

Visa notes

The Chilean retiree visa for pensioners with a stable passive income might be of interest to older people.

Chilean visas are temporary in the first instance, with a permanent visa being applied for after two years in the country on a temporary visa. There is no Chilean digital nomad visa.

Colombia



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC-05:00

9AM in New York is 9AM here.

9AM in Los Angeles is 12PM here.

Percent English speaking

4.22%

Climate

Average temperature: 25.00 °C (77.00 °F)

Location:



Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$6948, USA: \$80706

Median daily income: \$10.95, USA: \$70

Human development index: 0.788, USA: 0.938

Crime

Average organised crime index: 7.82, USA: 5.87

Corruption perceptions index: 39, USA: 65

Government immigration website

<https://www.migracioncolombia.gov.co/>

Summary

Colombia is a South American country spanning the isthmus of Central America, and with coastlines on both the Pacific ocean and the Caribbean sea. Colombia has comprehensive anti-discrimination and gender identity laws, and same-sex activity has been legal since 1981. There is a visible LGBT community, with larger cities having gay villages and Pride events.

While conditions for LGBT people in Colombia are improving, there remains a significant socially conservative section of Colombian society, and LGBT Colombians still face discrimination. Transgender Colombians in particular may struggle in finding employment.

Colombia has suffered from political instability, crime, and internal conflict. Both the UK and US governments warn of a high risk of crime, kidnapping, scams, and violence, prompting the US government to recommend against visiting the country.

Our assessment is that while the legal and cultural situation for transgender people in parts of Colombia might sound worthy of consideration, the security situation is such that we would recommend against it as a destination.

Visa notes

Colombia has a digital nomad visa, lasting typically for up to two years, for remote workers with an foreign income.

There is a Colombian retiree visa for pensioners with a stable income.

Costa Rica



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-06:00

9AM in New York is 8AM here.

9AM in Los Angeles is 11AM here.

Percent English speaking

8.15%

Location:



Climate

Average temperature: 24.83 °C
(76.69 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$16942, USA: \$80706

Median daily income: \$20.92, USA: \$70

Human development index: 0.833, USA: 0.938

Crime

Average organised crime index: 5.9, USA: 5.87

Corruption perceptions index: 58, USA: 65

Government immigration website

<https://immigration.cr/document-center/>

Summary

Costa Rica spans the Central American isthmus between Panama and Nicaragua. It has comprehensive equality and anti discrimination laws, and a government that has since the 2000s made significant advancements in atonement for past repression of LGBT people. Same-sex activity has been legal since 1971, and gender recognition since 2018. There is a visible LGBT community, and the country has Pride events. It remains however in part a society in which religious influences still prevail.

There is significant marketing of LGBT tourism to Costa Rica, and the UK government remark in their travel advice that “Costa Rica is generally welcoming of LGBT+ travellers”.

Both the UK and US governments warn in their travel advice about a risk of street crime, robberies, and sexual assaults against tourists, however there are no parts of the country they recommend against visiting.

Our assessment is that Costa Rica could be an unexpectedly safer destination in a region that has many other more hostile countries. As always though, we would recommend that attention be paid to security, local customs, and ensuring an income or employment before making a move. We are further researching this country.

Visa notes

Costa Rica has a digital nomad visa, valid for 1 year, extendable for another year.

There is a rentista visa for financially independent people with stable monthly income or a bank deposit, and a pensionado visa for retirees. Both are subject to a minimum income requirement.

There is also a specialist skill visa, for shortage skills within the country.

Croatia



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

39.66%

Climate

Average temperature: 11.96 °C (53.53 °F)

Location:



Image credit:

[{{Atoine85}}, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$21661, USA: \$80706

Median daily income: \$36.73, USA: \$70

Human development index: 0.889, USA: 0.938

Crime

Average organised crime index: 5.02, USA: 5.87

Corruption perceptions index: 47, USA: 65

Government immigration website

<https://gov.hr/en/visas/1216>

Summary

Croatia is a European country, part of both the European Union and the Schengen zone. It has a range of LGBT rights and anti-discrimination laws, but no equal marriage laws since a 2013 referendum resulted in a vote against them. It remains in part a conservative society in which religious traditions still have considerable influence. Croatia has a visible LGBT community, and there are a number of Pride marches held in the country. In 2026, ILGA Europe gave Croatia a 51.04% rating, 19th out of 48 countries.

Both the UK and US governments regard Croatia as a low-risk country in their advice to travellers, though they do warn about unexploded ordnance in regions affected by the conflict following the breakup of Yugoslavia.

Our assessment is that Croatia can be a safe destination for someone prepared to be aware of local culture.

Visa notes

Croatia has a digital nomad visa, valid for up to 18 months, and which is extendable.

There is a Croatian seasonal worker scheme, mostly in agriculture and tourism jobs, and valid for 9 months in a single year. Croatia is part of the EU Blue Card scheme.

Cuba



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-05:00

9AM in New York is 9AM here.

9AM in Los Angeles is 12PM here.

Percent English speaking

No data

Climate

Average temperature: 25.81 °C (78.46 °F)

Location:



Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$18329, USA: \$80706

Median daily income: No data, USA: \$70

Human development index: 0.762, USA: 0.938

Crime

Average organised crime index: 3.35, USA: 5.87

Corruption perceptions index: 41, USA: 65

Government immigration website

<https://dvajeros.mitrans.gob.cu/inicio>

Summary

Cuba is a large Caribbean island nation situated south of Florida and spanning the space between the entrance to the Gulf of Mexico and the Atlantic Ocean. It has strong LGBT rights and anti-discrimination laws, having made great advances over the last couple of decades. Same-sex activity has been legal since 1979, and gender-recognition since 2008.

Cuba is a Marxist-Leninist one-party state, whose Cold War history and large exiled Cuban and Cuban-American diaspora has put it at odds with the United States. The government has in the distant past persecuted LGBT people, but has since been responsible for the growth of LGBT rights.

Both the US and UK warn of few dangers beyond petty crime in their travel advice for visitors to Cuba, however they do remind the traveller that some activities normal in multi-party countries might be seen as against the Cuban state. Travel for Americans to Cuba is illegal under American law, except in a few tightly regulated circumstances.

At the time of writing in early 2026, Donald Trump is making threats towards Cuba, and is blockading its energy imports. We can not predict where this will lead, but it's likely that by the time you are reading this, there will have been more developments.

Our recommendation is that while Cuba appears to be a safe destination, it might be a particularly

complex choice due to its government and the international situation. We would suggest looking elsewhere.

Visa notes

Because travel to Cuba is illegal under American law, US citizens need to be aware that going to the island without US authorisation will make them liable to arrest should they return to the US.

There is a Financially Independent (Non-Lucrative) Residence visa for foreigners with stable external income or savings, which does not have any employment rights.

Cyprus



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

72.56%

Climate

Average temperature: 20.01 °C

(68.02 °F)

Location:



Image credit:
[Wikipedia, CC0.](#)

Economic indicators

GDP per capita: \$37077, USA: \$80706

Median daily income: \$52.14, USA: \$70

Human development index: 0.913, USA: 0.938

Crime

Average organised crime index: 4.5, USA: 5.87

Corruption perceptions index: 56, USA: 65

Government immigration website

[https://www.mip.gov.cy/dmmip/md.nsf/immigrationp_en/immigrationp_en?](https://www.mip.gov.cy/dmmip/md.nsf/immigrationp_en/immigrationp_en?OpenDocument)
[OpenDocument](#)

Summary

Cyprus is an island in the Eastern Mediterranean, split since a conflict in the early 1970s into the Greek-speaking Republic of Cyprus in the southern half of the island and the Turkish-speaking Turkish Republic of Northern Cyprus in the northern half. Of the two, the southern half of the island has better conditions for LGBT people so henceforth if we use the word “Cyprus” alone it is the southern half, the Republic of Cyprus, to which we are referring. We do not recommend the Turkish Republic of Northern Cyprus as a destination.

The Republic of Cyprus is an EU member, but not a member of the Schengen zone. The northern half of the island is in neither bloc.

Cyprus has some level of equal rights and anti-discrimination laws as an EU member, but they remain flawed and do not cover discrimination based on gender identity. It remains a conservative society in which religious traditions still have considerable influence, and discrimination remains a problem. In 2026, ILGA Europe gave Cyprus a 33.69% rating, 30th out of 48 countries.

Both the UK and US have little in the way of security warnings for Cyprus in their advice for travellers, save for advice for those crossing between the two halves of the island.

Our recommendation is that though Cyprus has a low crime rate and a good level of general safety,

its attitudes towards and inadequate protections for LGBT people reflected in its low ILGA ranking count against it as a destination. Another more welcoming European country would be a better choice.

Visa notes

Cyprus has a temporary residence permit, valid for a year, and which can be extended. It does not confer the right to work in Cyprus, but could be suitable for retirees or others with external income.

Cyprus has a digital nomad visa, granting temporary residence for remote workers with proof of income from outside Cyprus.

Cyprus is part of the EU Blue Card scheme, however since it is not part of the Schengen zone a Cypriot Blue Card is not a Schengen entry visa.

Czechia



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

50.65%

Climate

Average temperature: 8.60 °C (47.48 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$31750, USA: \$80706

Median daily income: \$39.07, USA: \$70

Human development index: 0.915, USA: 0.938

Crime

Average organised crime index: 4.55, USA: 5.87

Corruption perceptions index: 56, USA: 65

Government immigration website

https://mzv.gov.cz/jnp/en/information_for_alien/index.html

Summary

Czechia, also known as the Czech Republic, is a Central European country. It is a member of both the European Union and the Schengen zone. It has fairly comprehensive anti-discrimination laws, but it does not permit same-sex marriage. Same-sex activity has been legal in Czechia since 1962.

There is an open and visible LGBT community, and Pride events are held in cities. Conservative social views remain part of society, though attitudes have slowly changed in favour of LGBT people. In 2026, ILGA Europe gave Czechia a 37.32% rating, 26th out of 48 countries.

Both the US and the UK regard Czechia as a safe destination in their advice to travellers, warning only about petty crime and scams. Czechia has a low average criminality index. The UK government has this to say for LGBT travellers: "Same-sex couples showing affection in public could receive unwanted attention".

The October 2025 parliamentary elections in Czechia returned a victory for a coalition of right-wing populist and far-right parties. Their attention has at the time of writing in January 2025 been on other matters, however there are signs that they could turn their focus towards LGBT people.

Our assessment is that Czechia could be a safe destination, but that other safer EU countries might be a better choice. Anyone considering it as a destination should follow political developments in the country before making a decision in case the new government turns against LGBT people.

Visa notes

Czechia has a digital nomad visa, which grants the right to work remotely in Czechia for a foreign employer. It requires proof of income, and Czech health insurance. It's offered for 1 year, but is renewable.

Czechia is part of the EU Blue Card scheme.

Denmark



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

86.05%

Climate

Average temperature: 8.90 °C (48.02 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$68440, USA: \$80706

Median daily income: \$60.72, USA: \$70

Human development index: 0.962, USA: 0.938

Crime

Average organised crime index: 4.1, USA: 5.87

Corruption perceptions index: 90, USA: 65

Government immigration website

<https://www.nyidanmark.dk/en-GB/>

Summary

The Kingdom of Denmark is composed of three constituent regions, Denmark itself and its neighbouring islands, the Faroe Islands, and Greenland. We are considering Denmark and its neighbouring islands here, which we are referring to as simply “Denmark”.

Denmark is a Scandinavian country on the northern coast of continental Europe, forming the southern side of the entrance to the Baltic Sea. It is a member of both the European Union and the Schengen zone, and has strong LGBT rights and anti-discrimination laws. Same-sex activity has been legal in Denmark since 1933, and legal gender change since 1929. In 2026, ILGA Europe gave Denmark an 85.10% rating, 5th out of 48 countries.

Both the UK and US warn about petty street crime in tourist areas in their advice for travellers, but Denmark as a whole has a low average criminality index.

Our assessment is that Denmark is a safe destination country.

Visa notes

Denmark maintains a list of in-demand occupations for work visas, both graduate and non-graduate. There is also a Danish au-pair visa scheme.

Denmark has no digital nomad scheme, and is not part of the European Blue Card scheme.

Ecuador



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC-05:00

9AM in New York is 9AM here.

9AM in Los Angeles is 12PM here.

Percent English speaking

1.55%

Location:



Climate

Average temperature: 21.43 °C (70.57 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$6610, USA: \$80706

Median daily income: \$12.09, USA: \$70

Human development index: 0.777, USA: 0.938

Crime

Average organised crime index: 7.48, USA: 5.87

Corruption perceptions index: 32, USA: 65

Government immigration website

<https://www.cancilleria.gob.ec/2020/06/15/visas-en-el-ecuador/>

Summary

Ecuador is a South American country on the northwestern edge of the continent, on the Pacific coast. It has good anti-discrimination and LGBT rights laws, and same-sex activity has been legal since 1997. there are visible LGBT communities and Pride events in Ecuadorian cities.

Despite its anti-discrimination laws, Ecuador remains a conservative society in which religious traditions still have considerable influence. Both the UK and the US warn about significant risk of crime, gang-related violence, and kidnapping in the country, and warn against travel to a large part of it.

Our assessment is that while the legal situation in Ecuador might sound worthy of consideration, the security situation is such that we would recommend against it as a destination.

Visa notes

Ecuador has a digital nomad visa, valid for up to two years.

Estonia



Safe We think this country should be safe for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

47.03%

Climate

Average temperature: 6.34 °C (43.41 °F)

Location:

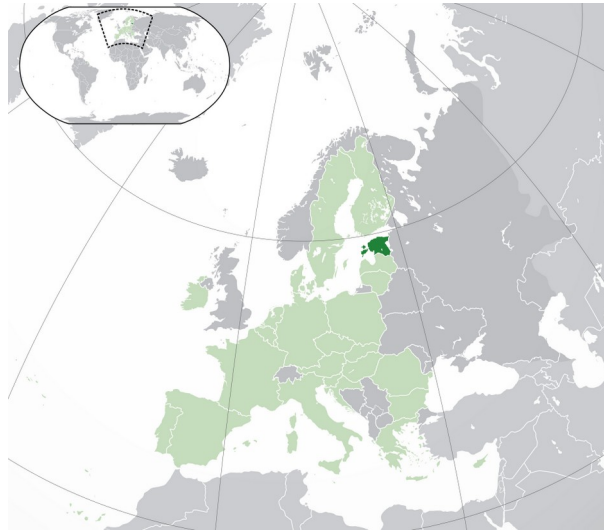


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$30201, USA: \$80706

Median daily income: \$36.52, USA: \$70

Human development index: 0.905, USA: 0.938

Crime

Average organised crime index: 3.87, USA: 5.87

Corruption perceptions index: 76, USA: 65

Government immigration website

<https://vm.ee/en>

Summary

Estonia is the northernmost of the three former-Soviet Baltic states, at the north-eastern tip of the European Union mainland. It is a member of both the European Union and the Schengen zone. Estonia has strong equality and anti-LGBT discrimination laws. Same-sex activity has been legal since 1992, as has the right to change legal gender. That said, the population has traditionally held socially conservative attitudes, and these remain in some sections of society.

There is an open LGBT community in Estonia and the country has Pride parades, however it is not uncommon for LGBT people to face discrimination. In 2026, ILGA Europe gave Estonia a 46.37% rating, 21st out of 48 countries.

Both the UK and US rate Estonia as a safe country in their advice to travellers, warning only about a risk of petty street crime. This is borne out by its low average criminality index.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Despite this, our assessment is that Estonia can be a safe destination for someone prepared to be aware of local culture.

Visa notes

Estonia has a digital nomad visa, but with a quite high monthly income requirement of at least 4500 Euros.

Estonia also has its e-residency scheme. This **DOES NOT** grant the right to live and work in Estonia, instead it provides a convenient way to access government services such as running a business in an EU country. This may be of use to anyone wishing to use an Estonian business while a remote worker in another country.

Estonia is part of the EU Blue Card scheme.

Finland



Safe We think this country should be safe for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

70.09%

Climate

Average temperature: 2.46 °C (36.43 °F)

Location:

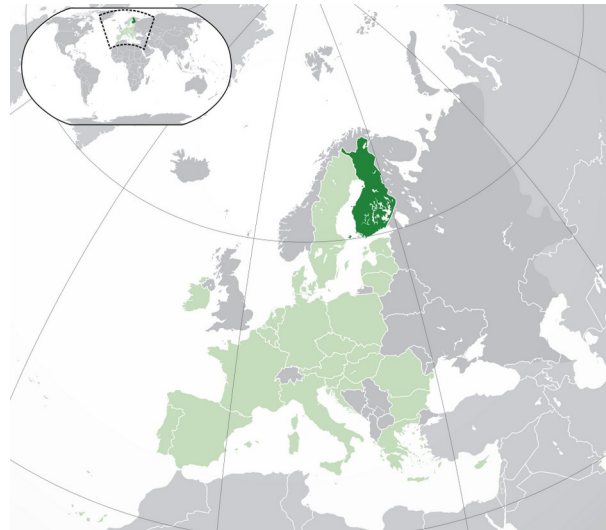


Image credit:

[NuclearVacuum, Ssolbergj, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$52762, USA: \$80706

Median daily income: \$56.48, USA: \$70

Human development index: 0.948, USA: 0.938

Crime

Average organised crime index: 3.25, USA: 5.87

Corruption perceptions index: 88, USA: 65

Government immigration website

<https://migri.fi/en/home>

Summary

Finland is a Scandinavian country, on the eastern side of the Baltic Sea bordering Sweden and Russia. It is a member of both the European Union and the Schengen zone, and has strong LGBT rights and anti-discrimination laws. Same-sex activity has been legal in Finland since 1971, and there has been legal recognition of transgender people since 2002. In 2026, ILGA Europe gave Finland a 69.85% rating, 6th out of 48 countries.

Both the UK and US warn only about petty street crime in tourist areas in their advice for travellers, and Finland has a particularly low average criminality index.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. This has prompted Finland to join the NATO defence alliance. At the time of writing in January 2026 the situation bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that Finland is a safe destination country.

Visa notes

Finland has a range of visas which might be of interest, including a start-up entrepreneur visa, seasonal work visas, and an au pair visa. There is no Finnish digital nomad visa, however in some cases the entrepreneur visa could be an alternative.

Finland is part of the EU Blue Card scheme.

France



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

57.25%

Climate

Average temperature: 11.65 °C (52.97 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$44451, USA: \$80706

Median daily income: \$57.21, USA: \$70

Human development index: 0.92, USA: 0.938

Crime

Average organised crime index: 5.92, USA: 5.87

Corruption perceptions index: 67, USA: 65

Government immigration website

<https://france-visas.gouv.fr/web/france-visas/>

Summary

France is a Western European country with coastlines on both the Atlantic Ocean and the Mediterranean Sea. France has exceptionally good LGBT rights and anti-discrimination laws, with same-sex activity having been legal since 1791. This may be the earliest date for this milestone of any country we are examining. In 2026, ILGA Europe gave France a 60.25% rating, 15th out of 48 countries.

French politics can be turbulent, with the country having a long tradition of street demonstrations. Immigration particularly from North African countries is a hot-button issue in France, and of concern is that the far-right populist National Rally party came close to winning the most recent general election in 2024.

Both the UK and US governments warn in their advice to travellers of street crime and thefts on public transport in France, with the US going as far as to warn about political demonstrations. France's average criminality index is higher than average for Europe.

Our assessment is that France is a safe destination, however attention should be paid to French politics.

Visa notes

France does not have any digital nomad or similar visas, however it has an entrepreneur/self employment visa which could be of interest, and a wide-ranging “Talent passport” visa. This covers a range of activities aimed at highly skilled professionals, and covers tech startups, economically important highly skilled jobs, individuals who can prove an international reputation in their field, and even artists and performers of note.

France is a member of the EU Blue Card scheme.

Germany



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

55.74%

Climate

Average temperature: 9.59 °C (49.26 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$53528, USA: \$80706

Median daily income: \$67.23, USA: \$70

Human development index: 0.959, USA: 0.938

Crime

Average organised crime index: 5.35, USA: 5.87

Corruption perceptions index: 75, USA: 65

Government immigration website

<https://www.auswaertiges-amt.de/en/visa-service>

Summary

Germany is a European country, both a member of the European Union, and of the Schengen zone. It has strong anti LGBT discrimination laws and gender identity laws. Same-sex activity has been legal since 1968 (East Germany) and 1969 (West Germany), and there has been legal gender change since 1980 (West Germany). In 2026, ILGA Europe gave Germany a 69.54% rating, 7th out of 48 countries. Both the US and UK advice for travellers mention a moderate risk of street crime, with the UK describing it as equivalent to their own.

Because you may have heard in the news that German far right parties have achieved electoral success, it's worth taking a moment to consider German politics. It is fair to say that the shadow of the 20th century still falls over Germany, and even with more than three decades passing since German reunification there remains a sharp political and economic divide between former East and West Germany. Immigration is a hot-button issue in Germany since 2015, when the then-Chancellor Angela Merkel admitted a large number of refugees from Middle Eastern wars into the country, and this has caused a rightward shift in sections of German politics. In the 2025 federal elections the far-right populist Alternative für Deutschland placed second largely through the votes of former East Germany other than Berlin, whose voters saw themselves as disproportionately affected by immigration as well as economic privation. The political discourse of the main-stream right wing parties has moved further to the right in consequence.

Our recommendation is that Germany is a safe destination, but it is important to monitor the political situation in the country in case of further rightward shift.

Visa notes

Germany has a range of visas which might be of interest, but a primary requirement for many of them is to have learned to speak German. The [Goethe Institute](#) is a German cultural organisation that offers inexpensive German language courses.

There is no German digital nomad visa, but in some cases their self employment and freelance visas might be a substitute. A special case of the freelance visa is the so-called “artist visa”, which does not exist as a separate visa but refers to freelance visas granted to artists locating in the city of Berlin.

For the under-27s there is the voluntary social year scheme which allows German speakers to partner with a German volunteer organisation for a year, with the possibility of applying for a visa on completion. Germany also has an au pair scheme.

There is also an opportunity card scheme, which allows for a one-year temporary visa for the purposes of finding a job in Germany for which a work visa can be obtained.

Germany is part of the EU Blue Card scheme.

Greece



Safe We think this country should be safe for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

50.98%

Climate

Average temperature: 13.17 °C (55.71 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$23772, USA: \$80706

Median daily income: \$28.91, USA: \$70

Human development index: 0.908, USA: 0.938

Crime

Average organised crime index: 5.55, USA: 5.87

Corruption perceptions index: 49, USA: 65

Government immigration website

<https://www.mfa.gr/en/service-category/visas/>

Summary

Greece is a European country in the Eastern Mediterranean, part of both the European Union and the Schengen zone. Greece has very strong LGBT rights and anti-discrimination laws. Same-sex activity has been legalised in Greece since 1951, and gender change since 2010. Greece has a visible and thriving LGBT community, with multiple Pride events held in the country. There is good public acceptance of LGBT people, a situation which has continuously improved. In 2026, ILGA Europe gave Greece a 68.27% rating, 11th out of 48 countries.

There remains a conservative religious influence among some sections of Greek society, with the Greek Orthodox Church attempting to influence legislation on LGBT rights. Greece bore the brunt of the influx of refugees into Europe due to the war in Syria in 2015, leading a strong anti-refugee and anti-Arab sentiment. According to a Hellenic Foundation for European and Foreign Policy report in January 2025 this has softened with time, particularly with respect to non-Arab immigrants. This has been mirrored by a decline in support for the far right over the same period, however a trio of differing far-right parties together took 12.82% of the vote in the country's 2023 general election.

Both the UK and US governments regard Greece as safe in their advice for travellers, warning only about petty street crime in tourist areas, and political demonstrations. The UK advises LGBT travellers to be discreet in conservative rural areas.

Our assessment is that Greece is a safe destination. Be prepared to be sensitive to local customs, and remain aware of any movements on the far right of Greek politics.

Visa notes

Greece has a one-year digital nomad visa, with a possibility of further extension. There are also start-up and self-employment visas.

Greece has a more far-reaching citizenship by descent path than many other countries. Going into its details is beyond this document, but if a parent, grandparent or great-grandparent with Greek citizenship is still alive, their descendents can also claim Greek citizenship in turn. If you have recent Greek ancestry and a cooperative family then researching this could provide you with a Greek passport.

Greece is a member of the EU Blue Card scheme.

Hungary



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

25.29%

Climate

Average temperature: 11.50 °C (52.70 °F)

Location:

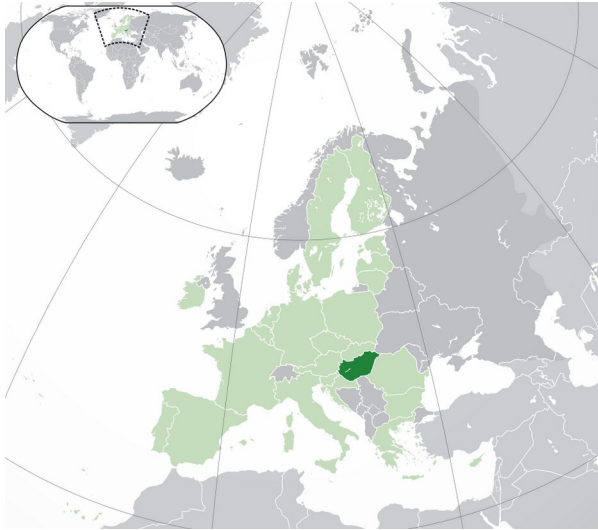


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$21954, USA: \$80706

Median daily income: No data, USA: \$70

Human development index: 0.87, USA: 0.938

Crime

Average organised crime index: 4.62, USA: 5.87

Corruption perceptions index: 41, USA: 65

Government immigration website

<https://enterhungary.gov.hu/eh/?en>

Summary

Hungary is a country on the eastern border of the European Union, also a member of the Schengen zone. Hungary has had anti-discrimination laws, however they have been significantly weakened by the far-right government of Viktor Orbán, in power from 2010 until April 2026. His government passed a succession of laws and constitutional amendments restricting the rights of LGBT people, banning “Homosexual and transgender propaganda”, restricting LGBT organisations, and banning Pride events. In 2026, ILGA Europe gave Hungary a 22.70% rating, 38th out of 48 countries.

On the 12th of April 2026, Orbán was ousted by Péter Magyar, and naturally this has raised hopes that the country will turn away from Orbán’s fascism. We are watching developments closely, but at the time of writing just after the election we feel it is as yet too early to change our advice from the Orbán era. We will revisit this page as events unfold.

Both the UK and US governments warn about petty crime and scams in their advice for travellers, and the UK warns LGBT travellers that “Outside of Budapest, showing affection in public may receive unwanted attention.”.

We would not recommend Hungary as a good destination for transgender people while the legislative impact of the Orbán regime remains in place. We remain hopeful for change in the country and we are monitoring the situation closely, but for now other European Union countries

represent far safer alternatives for LGBT people in the region.

Visa notes

Hungary has a digital nomad visa, referred to as a white card visa. It has an earning requirement of at least 3000 Euros per month, and is for a year with the possibility to extend for another year.

Hungary is a member of the EU Blue Card scheme.

Iceland



Safe We think this country should be safe for transgender people.

Time zone

UTC+00:00

9AM in New York is 2PM here.

9AM in Los Angeles is 5PM here.

Percent English speaking

98.00%

Location:



Climate

Average temperature: 1.85 °C (35.33 °F)

Image credit:

[Hayden120 and NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$80827, USA: \$80706

Median daily income: No data, USA: \$70

Human development index: 0.972, USA: 0.938

Crime

Average organised crime index: 3.03, USA: 5.87

Corruption perceptions index: 77, USA: 65

Government immigration website

<https://island.is/en/category/immigrating-to-iceland>

Summary

Iceland is a European country in the North Atlantic. It is not a member of the European Union, but it is a member of the Schengen zone. Iceland has among Europe's strongest and most progressive anti-discrimination and LGBT rights laws, same-sex activity having been legal since 1940 and gender change since 2012. In 2026, ILGA Europe gave Iceland an 85.56% rating, 3rd out of 48 countries.

Both the UK and the US rate Iceland as a low risk destination in their advice to travellers, mention only a slight risk of petty crime.

Our assessment is that Iceland is a safe destination country.

Visa notes

There is a digital nomad visa for Iceland, referred to as the long-term visa for remote work, however it has a particularly high income requirement of 1m Icelandic Króna per month, which is around 8000 USD.

Iceland has many shortage occupations particularly in some tech fields, so it is very much worth researching whether this might provide you with a route.

Iceland has a working holiday/youth mobility scheme which though sadly not available for US citizens, has the UK as one of the countries it applies to.

Iceland is not a member of the EU, so it is not part of the EU Blue Card scheme.

India



Safe We think this country should be safe for transgender people.

Time zone

UTC+05:30

9AM in New York is 7:30PM here.

9AM in Los Angeles is 10:30PM here.

Percent English speaking

10.67%

Location:



Climate

Average temperature: 24.94 °C (76.89 °F)

Image credit:

[Ssolbergj, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$2487, USA: \$80706

Median daily income: \$5.54, USA: \$70

Human development index: No data, USA: 0.938

Crime

Average organised crime index: 5.9, USA: 5.87

Corruption perceptions index: 38, USA: 65

Government immigration website

<https://www.boi.gov.in/boi/>

Summary

India is a South Asian country at the head of the Indian Ocean, and with the Himalayan mountain range to its north. It is a very large country with 28 states and 8 union territories, and with great internal cultural and political diversity. This means that sometimes generalisations made about the country as a whole can be inaccurate.

India has incomplete anti-discrimination laws, but the general situation for LGBT people in the country has improved over the years. There are significant concerns for Indian transgender people though, as while gender identity laws in India have previously been inclusive, they have recently come under renewed threat. In 2026 the Indian government passed a bill restricting legal recognition of trans people, mandating medical certification, and introducing new offences of coercion into becoming trans. This has caused international concern.

There are Indian LGBT communities in the Western sense, and there are multiple Pride parades held in cities across the country. India is a challenging place in which to be a person with a disability, as the accessibility standards you may be used to do not exist.

Since 2014, India has been governed by an administration formed by the right-wing Bharatiya Janata Party, or BJP, under its Prime Minister Narendra Modi. This administration has pursued a Hindu nationalist agenda whose focus has lain mostly on India's Muslim community, however the

effect of the right-wing central government has slowly made itself felt elsewhere. The state and territory governments have significant influence on their regions though, and their politics can differ sharply from those of the national government.

Both the UK and the US advise travellers to avoid certain Indian regions with geopolitical tensions or violent internal conflict, but have only moderate warnings about the majority of the country in which risk of scams and street crime are mentioned.

In terms of the risk of crime, our India adviser had the following to say: India is a large country of a billion people. Like any large country, there are places which are unsafe. Large cities everywhere have crime, but generally less than similar cities in the USA. While one can find rural villages where life moves to traditional rhythms, one can also find booming tech hubs.

India is home to a traditional trans identity, the Hijra community in the north and the Aravani community in the south. We discourage assuming you will be welcomed as a trans person simply because these communities exist. While you will find individual members of the community are often friendly, and you are likely to be invited to the local hijra dhera, we recommend being very circumspect about joining the organization until you have lived in India long enough to understand what you are getting into, and until you speak decent conversational Urdu.

India is a linguistically diverse country, in which college-level education is carried out in English. Thus English serves as a lingua franca, and while not all Indians are English speakers it is possible to get by without learning the local language.

We think that India can be a safe place for a transgender visitor, however attention should be paid to the political situation. Be prepared to find reasonable local advice about where to settle, and learn about Indian society and culture.

Visa notes

India sadly does not have much in the way of easy residence permits for outsiders. There are visas for non-Indians working on specific infrastructure related projects in the country, however they are very much tied to the project in question and end when the project comes to a close.

People who have Indian ancestry may be eligible for OCI, or Overseas Citizen of India status. This grants many of the benefits afforded to Indian citizens such as the ability to freely visit, live, and work in the country. Full eligibility details can be found on the [OCI website](#).

Ireland



Safe We think this country should be safe for transgender people.

Time zone

UTC+00:00

9AM in New York is 2PM here.

9AM in Los Angeles is 5PM here.

Percent English speaking

97.52%

Climate

Average temperature: 9.73 °C (49.51 °F)

Location:

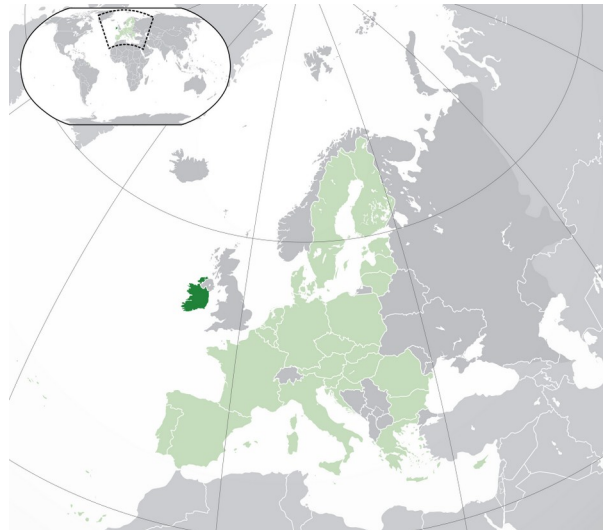


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$106106, USA: \$80706

Median daily income: \$50.49, USA: \$70

Human development index: 0.949, USA: 0.938

Crime

Average organised crime index: 4.97, USA: 5.87

Corruption perceptions index: 77, USA: 65

Government immigration website

<https://www.irishimmigration.ie/>

Summary

The Republic of Ireland is the westernmost European Union country, facing the Atlantic Ocean. Ireland is a member of the European Union and the Common Travel Area with the United Kingdom, but not the Schengen Zone. Ireland has very strong anti-discrimination and LGBT rights laws. Same-sex activity has been legal in Ireland since 1993, and gender recognition since 2015. In 2026, ILGA Europe gave Ireland a 61.34% rating, 14th out of 48 countries.

Both the UK and US warn only about petty crime in their advice to visitors.

The Roman Catholic Church traditionally had a strong conservative influence in Ireland, something which has waned considerably in recent decades after a series of scandals involving the church. Consequently, Irish social attitudes have changed significantly for the better. Ireland is not without its challenges though, for example the country is facing a serious housing crisis, and access to transgender-related healthcare is extremely slow.

The island of Ireland is mostly occupied by the Republic of Ireland, save for the northeastern portion otherwise known as Northern Ireland, which remains for now part of the United Kingdom. For an overview of Northern Ireland see our entry for the United Kingdom, suffice to say that the information here does not apply to Northern Ireland.

We have produced [an in-depth guide to living in Ireland](#) aimed at people from the United Kingdom

but which also has useful information for other people. We suggest you read it if you are interested in moving to the country.

Our assessment is that the Republic of Ireland is a safe destination country.

Visa notes

The Republic of Ireland has a range of visas beyond the normal set, some of which may be of interest.

Ireland maintains an eligible occupations list of critical or shortage skills, and provides a visa route for people to work in those sectors. There is also a visa scheme for certain medical professionals.

There is an Irish working holiday scheme offering visas for up to one year, which is open to US citizens.

Sadly Ireland does not have a digital nomad visa, but it does have a start-up programme. This requires that the applicant have over 500000 Euros in funding for their venture though.

Ireland is not part of the EU Blue Card scheme.

UK citizens have the freedom to live and work in the Republic of Ireland, under the Common Travel Area.



Israel



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

84.97%

Climate

Average temperature: 20.25 °C (68.45 °F)

Location:



Image credit:

[M.Bitton, CC BY-SA 4.0.](#)

Economic indicators

GDP per capita: \$55488, USA: \$80706

Median daily income: \$35.40, USA: \$70

Human development index: 0.919, USA: 0.938

Crime

Average organised crime index: 5.07, USA: 5.87

Corruption perceptions index: 64, USA: 65

Government immigration website

https://www.gov.il/en/departments/population_and_immigration_authority/govil-landing-page

Summary

Israel is a Middle Eastern country at the eastern edge of the Mediterranean Sea. It has comprehensive LGBT rights and anti-discrimination laws. There are open and thriving LGBT communities in Israel, and the country has Pride parades.

Israel is by its nature as a homeland for Jews, home to all segments of Jewish culture from liberal to conservative. Thus alongside the open LGBT communities there are sections of Israeli society who are vocal in their hostility to LGBT people. There are thus instances of anti-LGBT violence, however open hostility towards LGBT people is not part of the Israeli government's agenda, despite its right-wing politics.

At the time of writing both the UK and US governments recommend against all travel to the country due to the ongoing Middle Eastern conflict, and warn about a risk of attacks in the country. The UK government suggests that modest clothing should be worn in conservative areas of the country, and warns LGBT travellers of hostility in Palestinian and ultra-Orthodox communities.

The history of Israel and the geopolitical situation surrounding the Occupied Territories and the Palestinian conflict are beyond the scope of Trans Rescue's advice. However it is crucial that anyone considering the country should take the time to learn everything they can about the history

and politics involved. Entering somewhere this complex without foreknowledge could lead to disaster.

Our recommendation is that Israel is an unsafe destination due to the ongoing conflict and the direction pursued by its government. It is possible that a trans person in tune with the country could be safe here, but we suggest that you consider a less challenging destination instead.

Visa notes

Israel does not have a digital nomad visa.

There is an expert work visa, for in-demand skills in Israel. There is also a volunteer visa scheme.

People of Jewish descent have a pathway to Israeli immigration, permanent status, and citizenship.

Italy



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

13.62%

Climate

Average temperature: 13.02 °C
(55.44 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$38672, USA: \$80706

Median daily income: \$48.79, USA: \$70

Human development index: 0.915, USA: 0.938

Crime

Average organised crime index: 6.37, USA: 5.87

Corruption perceptions index: 54, USA: 65

Government immigration website

<https://www.integrazionemigranti.gov.it/en-gb/>

Summary

Italy is a European country largely formed of a peninsula in the Western Mediterranean sea, part of both the European Union and the Schengen Zone. Italy has some anti-discrimination laws, but many protections that are universal in other European countries are either missing or applied only on a regional basis. In particular, gender identity is not covered by Italian anti-discrimination laws. Italy has an open and visible LGBT community and holds Pride parades, however the socially conservative influence of the Roman Catholic church remains strong in the country. The Italian government headed by Georgia Meloni is a right-wing populist coalition headed by far-right parties. In 2026, ILGA Europe gave Italy a 24.11% rating, 36th out of 48 countries.

Both the UK and US governments warn about petty street crime in their advice to travellers.

Our assessment is that Italy is a physically safe country, but that its flawed legal protections and conservative politics would require increased care and attention compared to European countries with a better legal situation towards LGBT people. Go if you have an easy visa route or a special reason to move there.

Visa notes

Italy has digital nomad and remote worker visas, subject to an income requirement just below 25000 Euros per year. The visa has a 1 year duration and is renewable annually.

There is a self-employment visa for Italy subject to some conditions, which also covers freelance workers.

Italy has a path to citizenship by ancestry, leading to an Italian passport. It requires comprehensive proof of your Italian ancestry, something which may require the services of a professional Italian researcher to obtain, but it remains like that of Greece, one of the more far-reaching such schemes.

Italy is a member of the EU Blue Card scheme.

Japan



Safe We think this country should be safe for transgender people.

Time zone

UTC+09:00

9AM in New York is 11PM here.

9AM in Los Angeles is 2AM here.

Percent English speaking

No data

Location:



Climate

Average temperature: 11.78 °C (53.20 °F)

Image credit:

[Connormah, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$33806, USA: \$80706

Median daily income: \$42.24, USA: \$70

Human development index: 0.925, USA: 0.938

Crime

Average organised crime index: 4.25, USA: 5.87

Corruption perceptions index: 71, USA: 65

Government immigration website

https://www.mofa.go.jp/j_info/visit/visa/

Summary

Japan is an East Asian country formed of a chain of islands to the east of China and Korea. Japan has some legal protections for LGBT people, however many of the anti-discrimination protections present in other countries are missing or restricted to individual prefectures such as Tokyo. Same-sex activity has traditionally not been criminalised in Japan, except for during a short period in the 19th century. Legal gender change has existed in Japan since 2003. Japan has an open and visible LGBT culture, and hosts Pride events. Japan has a low average criminality index, and while there are conservative influences in the country they are not culturally disposed against LGBT people.

Both the UK and US governments mention only a risk of petty theft in Japanese entertainment districts in their advice to travellers.

Japan has traditionally been a society in which non-Japanese people face challenges and discrimination. As Japan's demographic crisis has worsened and more workers have arrived in the country to replace the missing younger workforce, hostility towards foreigners has become a political position among populist parties.

Our assesment is that Japan is a safe destination, but that passengers should pay special attention to local cultural norms, and be aware that some of the legal protections they are used to might be absent.

Visa notes

Japan has a wide range of visas tied to specific employment categories, and an extensive list of shortage occupations. However they come with the catch, that their eligibility criteria include proficiency in Japanese. This provides a neat segue to Japanese student visas, because it is possible to get a Japanese visa for the purposes of learning the Japanese language.

Japan has a working holiday visa for younger people. Sadly this is not open to US citizens, but it is available for people from the UK.

Latvia



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

45.89%

Climate

Average temperature: 6.87 °C (44.37 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$22444, USA: \$80706

Median daily income: \$32.95, USA: \$70

Human development index: 0.889, USA: 0.938

Crime

Average organised crime index: 4.08, USA: 5.87

Corruption perceptions index: 59, USA: 65

Government immigration website

<https://www.pmlp.gov.lv/en>

Summary

Latvia is the middle of the three former-Soviet Baltic states, on the north-eastern end of the European Union mainland. It is a member of both the European Union and the Schengen zone. The Latvian capital Riga has an open LGBT community and holds a Pride event, but Latvia has flawed equality laws, in particular with no anti discrimination laws relating to the provision of goods and services. There is a high prevalence of socially conservative attitudes in the country, and a consequent lower public support for LGBT equality. Repeated attempts to improve discrimination laws in Latvia have failed. In 2026, ILGA Europe gave Latvia a 29.64% rating, 32nd out of 48 countries.

Both the UK and US mention a risk of petty street crime in their advice to travellers, and warn about a risk towards same-sex couples particularly away from Riga.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that Latvia is not a good destination when compared to other European countries with a better situation for LGBT people.

Visa notes

Latvia has a remote work visa with a 1 year duration, subject to conditions including a minimum income requirement currently set at 4213 Euros per month.

Latvia is part of the EU Blue Card scheme.

Lithuania



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

31.09%

Climate

Average temperature: 7.38 °C (45.28 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$27956, USA: \$80706

Median daily income: \$37.60, USA: \$70

Human development index: 0.895, USA: 0.938

Crime

Average organised crime index: 4.08, USA: 5.87

Corruption perceptions index: 63, USA: 65

Government immigration website

<https://migracija.lrv.lt/en/>

Summary

Lithuania is the lower of the three former-Soviet Baltic states, on the north-eastern end of the European Union mainland. It is a member of both the European Union and the Schengen zone. Lithuania has flawed equality and anti-discrimination laws. Lithuanian society still contains traditional conservative influences, though there is a Lithuanian LGBT community and there is a Pride parade in the capital city Vilnius. In 2026, ILGA Europe gave Lithuania a 24.09% rating, 37th out of 48 countries.

Both the UK and US mention a risk of petty street crime in their advice to travellers, and the UK warns of a lack of acceptance of LGBT travellers especially outside the capital city.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that Lithuania is not a good destination when compared to other European countries with a better situation for LGBT people.

Visa notes

Lithuania does not have much outside the normal range of residence and employment visas. The country is a member of the EU blue card scheme.

Luxembourg



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

25.67%

Climate

Average temperature: 10.02 °C (50.04 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$128936, USA: \$80706

Median daily income: \$89.49, USA: \$70

Human development index: 0.922, USA: 0.938

Crime

Average organised crime index: 2.75, USA: 5.87

Corruption perceptions index: 81, USA: 65

Government immigration website

<https://maint.gouvernement.lu/en/le-ministere/dgim.html>

Summary

Luxembourg is a country in the centre of Western Europe, landlocked between Belgium, France, and Germany. It is a member of both the European Union and the Schengen zone, the town of Schengen where the treaty was signed being situated in Luxembourg. There are comprehensive anti-discrimination laws and LGBT equality laws in Luxembourg, and a high public acceptance of LGBT people. There is an open and visible LGBT community in Luxembourg. In 2026, ILGA Europe gave Luxembourg a 68.41% rating, 10th out of 48 countries.

Both the UK and US governments warn only of minor petty crime and scams in their advice to travellers.

Our assessment is that Luxembourg is a safe destination country.

Visa notes

Luxembourg does not have a digital nomad visa, but its self-employed visa might suffice as an alternative for some people.

The country has au pair and volunteer visas, and is a member of the EU blue card scheme.

Malta



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

88.48%

Climate

Average temperature: 20.06 °C (68.11 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$41676, USA: \$80706

Median daily income: \$53.52, USA: \$70

Human development index: 0.924, USA: 0.938

Crime

Average organised crime index: 4.87, USA: 5.87

Corruption perceptions index: 46, USA: 65

Government immigration website

<https://residencymalta.gov.mt/>

Summary

Malta is an island country situated in the Mediterranean Sea south of Italy, and a member of both the European Union and the Schengen zone. Malta has some of the most robust and comprehensive LGBT rights and anti-discrimination laws in the world. It has a high public acceptance of LGBT people, and an open and visible LGBT community. In 2026, ILGA Europe gave Malta an 87.73% rating, 2nd out of 48 countries.

Both the UK and US governments warn only of minor street crime and scams in their advice to travellers.

Our assessment is that Malta is a safe country.

Visa notes

Malta is famous for its residence by investment programme for wealthy individuals, but it also has something for the less well-heeled person.

The country has a digital nomad visa, renewable for up to four years, and with a 42000 Euro yearly income requirement.

Malta is a member of the EU blue card scheme.

Mexico



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-08:00 to UTC-05:00

Percent English speaking

13.00%

Location:



Climate

Average temperature: 21.31 °C
(70.36 °F)

Image credit:

[Ssolbergj, CC BY 3.0.](#)

Economic indicators

GDP per capita: \$13826, USA: \$80706

Median daily income: \$12.49, USA: \$70

Human development index: No data, USA: 0.938

Crime

Average organised crime index: 7.68, USA: 5.87

Corruption perceptions index: 26, USA: 65

Government immigration website

<https://www.gob.mx/inm/en>

Summary

Mexico lies at the southern end of the North American continent, bordering the USA to its north, and Guatemala and Belize to its southeast. Mexico has good anti-discrimination laws and LGBT equality laws, however some of them such as gender identity laws exist only in certain Mexican states. There are visible LGBT communities in Mexican cities, and Pride parades are held in the country.

There remains a significant traditional conservative cultural influence in Mexico, as well as a strong influence from the Roman Catholic Church. Surveys consistently indicate a minority acceptance of LGBT identities. There are increased crimes against LGBT people in certain areas of the country.

Both the UK and US split up Mexico by state in their advice to travellers, with some states, particularly those affected by drug wars, marked as too dangerous for travel, and others marked as low risk. They warn about a significant risk of crime against foreigners in some cities, but remark that the security situation is good in others. They remark that particularly in major tourist areas the Mexican government pays close attention to security. The UK government suggests that same-sex relations may be generally tolerated rather than accepted.

Our assessment follows the UK and US government advice with respect to security, that while many Mexican states are dangerous, some others may still represent a safe destination. The proximity of Mexico to the USA may cause Americans to consider it as an accessible choice, but if you are

looking at this country make sure you choose your destination within Mexico very carefully indeed. Pay particular attention to your security, the security situation both in the country as a whole and in the state you are considering, the political situation in Mexico, and to the local culture.

Visa notes

Mexico is an obvious destination for Americans wishing to get out, and though the country doesn't have the digital nomad, au pair, or working holiday visas we often highlight, it does have an economic solvency visa that grants temporary or permanent residence based upon the ability to prove a consistent income or savings. This could be of use to self-employed people who can operate their business remotely, or to pensioners.

Montenegro



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

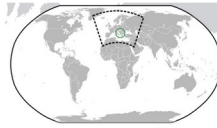
Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Location:



Percent English speaking

No data

Climate

Average temperature: 9.93 °C
(49.87 °F)



Image credit:
[Maplab, CC BY 3.0.](#)

Economic indicators

GDP per capita: \$11885, USA: \$80706

Median daily income: \$17.78, USA: \$70

Human development index: 0.862, USA: 0.938

Crime

Average organised crime index: 5.82, USA: 5.87

Corruption perceptions index: 46, USA: 65

Government immigration website

<https://www.gov.me/en/government-of-montenegro/citizenship-and-residency>

Summary

Montenegro is a European country on the Adriatic Sea, outside both the European Union and the Schengen zone. It has comprehensive anti-discrimination laws, but incomplete LGBT recognition laws. There is an LGBT community and a Pride event in Montenegro, but public attitudes towards LGBT people remain negative. In 2026, ILGA Europe gave Montenegro a 52.84% rating, 18th out of 48 countries.

Both the UK and US mention only minor street crime as a direct threat in their advice to travellers and note that serious crimes against visitors are rare in Montenegro. The UK offers the following advice to LGBT travellers: “While there is a general tolerance of same-sex couples in Montenegro, LGBT+ travellers should be aware that showing affection in public could receive negative attention.”

Our assessment is that Montenegro could be a safe destination, but would require attention to local customs, and to your own security.

Visa notes

Montenegro [has a digital nomad scheme](#), and also a business owner visa for start-ups. Visas can also be obtained on the basis of owning real estate in the country.

Though the country is well advanced in the process to gain EU membership over the next few years, Montenegro is not yet a member of the EU. Thus it is not part of the EU blue card scheme.

Netherlands



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

90.94%

Climate

Average temperature: 10.49 °C (50.88 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$63803, USA: \$80706

Median daily income: \$69.09, USA: \$70

Human development index: 0.955, USA: 0.938

Crime

Average organised crime index: 5.17, USA: 5.87

Corruption perceptions index: 78, USA: 65

Government immigration website

<https://www.government.nl/topics/immigration-to-the-netherlands>

Summary

The Netherlands is a country on the north-west coast of Europe, bordered by Belgium, Germany, and the North Sea. It is a member of both the European Union, and of the Schengen zone. The country has very comprehensive LGBT equality and anti-discrimination laws, and a large and open LGBT community with many Pride events. In 2026, ILGA Europe gave the Netherlands a 63.82% rating, 13th out of 48 countries.

Dutch society is extremely open and tolerant, and while conservative and religious communities exist particularly in rural areas, there is a culture of not intruding into the affairs of others. Thus it is a safe environment in which to live and work as an openly LGBT person. Dutch culture values being a good citizen, and you will find that this is more important to your Dutch neighbours than who you are. Dutch people are famed for their directness, and you may find this unexpected at first. You will get used to it.

You may have read about some electoral success in recent years for the far-right PVV party. Immigration and asylum particularly from Middle Eastern countries is a hot button issue in parts of the country, and this alongside a frustration with mainstream parties propelled them to the largest position in parliament. They were however unable to form a government with their leader at the helm, and the resulting coalition did not last long. The election that followed returned a coalition headed by the centre-left liberal D66 party, which seems likely to form a successful government.

The Dutch proportional representation electoral system is a particularly strong one, and plays a significant role in keeping extremists in check. Memories of the Nazi occupation in the 1940s persist in the Netherlands, and the majority of Dutch people do not wish to return to those politics.

Both the US and UK governments warn only about the risk of street crime and scams in major cities in their advice to travellers.

Trans Rescue has volunteers spread all around the world, but our headquarters are in the Netherlands. Aside from a few street taunts from children too young to know any better, we have never faced any problems in the country due to being transgender.

Our assessment is that the Netherlands is a safe destination.

Visa notes

The most straightforward route to a Netherlands visa for US citizens is without a doubt the DAFT (Dutch American Friendship Treaty) visa. This allows Americans to set up certain types of business in the Netherlands with as little as 4500 Euros investment, subject to a series of conditions. If this route looks attractive to you, we recommend engaging the services of a Dutch lawyer specialising in this visa.

The Netherlands has an au pair visa scheme.

The Netherlands is a member of the EU blue card scheme.

New Zealand



Safe We think this country should be safe for transgender people.

Time zone

UTC+12:00

9AM in New York is 2AM here.

9AM in Los Angeles is 5AM here.

Percent English speaking

97.15%

Climate

Average temperature: 10.46 °C (50.83 °F)

Location:

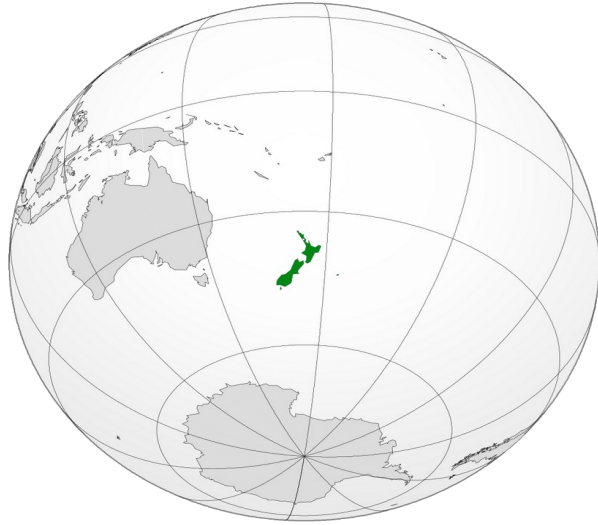


Image credit:

[Avenue, Public domain.](#)

Economic indicators

GDP per capita: \$48750, USA: \$80706

Median daily income: No data, USA: \$70

Human development index: 0.938, USA: 0.938

Crime

Average organised crime index: 4.13, USA: 5.87

Corruption perceptions index: 83, USA: 65

Government immigration website

<https://www.immigration.govt.nz/visas/>

Summary

New Zealand is formed of an archipelago in the South Pacific between Australia and South America. It has very comprehensive anti-discrimination and LGBT equality laws, and a thriving LGBT community. There are several Pride events held in the country.

Both the UK and USA warn only about low level crime in New Zealand in their advice to travellers, and the country has a low average criminality index.

Since 2023 the New Zealand government has been a coalition of mainstream conservative, right-wing libertarian, and right-wing populist parties. While this administration has not followed a Trumpian agenda there are worrying signs that it harbours TERF sympathies, particularly with respect to influence from gender critical thought in the UK.

Our assessment is that New Zealand is a safe destination, with the caveat that close attention should be paid to the politics and direction of its government.

Visa notes

New Zealand has an international reputation as a desirable destination for immigrants, thus easy routes to long term visas in the country are rarer than in some other parts of the world. As an example, their entrepreneur scheme requires a minimum 100000 NZD investment, just below

60000 USD. There is however a [“green list” of in-demand occupations for work visas](#).

If you are not able to get a long term visa to work in New Zealand though, there are a range of useful options for shorter fixed-terms.

New Zealand does not have a digital nomad visa as such, but they do allow people to [work remotely for a non-New Zealand employer while in the country on a visitor visa](#). New Zealand tourist visas allow for stays of up to 6 months in any 12 month period, with the possibility to extend to 9 months for a single entry visa. It’s obvious this is not a long-term residency, however it could provide an attractive short-term solution for someone moving from country to country.

There are working holiday visa schemes in New Zealand for people under 30, including ones for citizens of the USA and UK with differing terms.

New Zealand has a seasonal worker visa scheme for up to 7 months duration. They maintain a seasonal worker occupation list, mostly in agricultural professions.

Norway



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

87.60%

Climate

Average temperature: 2.21 °C (35.98 °F)

Location:



Image credit:

[Hayden120 and NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$87932, USA: \$80706

Median daily income: \$77.76, USA: \$70

Human development index: 0.97, USA: 0.938

Crime

Average organised crime index: 3.83, USA: 5.87

Corruption perceptions index: 81, USA: 65

Government immigration website

<https://www.udi.no/en>

Summary

Norway is a Scandinavian country bordering Sweden and Russia to its east, and the North Atlantic Ocean to its west. It is not a member of the European Union, but is a member of the Schengen zone. Norway has very strong anti-discrimination, LGBT rights laws, and gender identity laws. There is an open LGBT community in Norway, and there are Pride events. In 2026, ILGA Europe gave Norway a 68.60% rating, 8th out of 48 countries.

Both the UK and the US regard Norway as a safe destination in their advice to travellers, warning only about petty crime.

The Norwegian government at the time of writing in January 2026 is a coalition of left-wing and centre-left parties. However there is an active conservative and far-right fringe in Norway, and they have imported gender-critical and transphobic talking points from the US and the UK in order to influence Norwegian public opinion. A number of gender-critical organisations have appeared in the country, and some Norwegian media outlets have started to print transphobic content. This has not yet changed the course of Norway's government.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in

January 2026 the situation bears a resemblance to cold war era tensions, and there is no direct conflict. Norway's border with Russia is relatively short and lies inside the Arctic Circle, however anyone considering a country sharing a border with Russia should familiarise themselves with the regional security situation.

Our assesment is that Norway is a safe destination, however close attention should be paid to the activities of Norwegian gender-critical groups.

Visa notes

Norway has a job seeker's visa for skilled workers, open to citizens of a range of countries which includes both the UK and the USA. This grants the right to stay in Norway for up to six months for the purpose of seeking a job. Once a job in Norway had been secured, a normal work visa could then be applied for.

Norway does not have a digital nomad visa, however there is a Norwegian skilled worker visa for people with a job offer from a Norwegian company, or who have their own business subject to a set of conditions. This can include businesses not based in Norway that are contracted for work in Norway.

Peru



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-05:00

9AM in New York is 9AM here.

9AM in Los Angeles is 12PM here.

Percent English speaking

8.00%

Location:



Climate

Average temperature: 20.07 °C
(68.13 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$7907, USA: \$80706

Median daily income: \$10.67, USA: \$70

Human development index: 0.794, USA: 0.938

Crime

Average organised crime index: 6.62, USA: 5.87

Corruption perceptions index: 31, USA: 65

Government immigration website

<https://www.gob.pe/migraciones>

Summary

Peru is a South American country with incomplete anti-LGBT discrimination and gender recognition laws. It has a visible LGBT community, and Pride parades are held in major cities. It remains however in part a conservative society in which religious traditions still have considerable influence. For this reason, it does not have equal marriage laws.

Both the UK and US warn about a significant risk of crime, political violence, and regional unrest in their travel advice, and warn against travel to certain areas of the country.

Our assessment is that while it could be possible to live safely in Peru, it remains a destination in which significant care would have to be taken.

Visa notes

Peru has an independent professional visa, which allows accredited professionals to ply their trade in the country. It is subject to a set of conditions, including proof of qualifications, and accreditation with the relevant Peruvian professional body.

Peru has [announced a digital nomad visa online](#) subject to the ratification of a Peruvian immigration law, but as far as we can see they have not yet introduced it. If it arrives, it will grant digital nomads the right to work remotely in the country for a year.

There is a Peruvian retirement visa, for people on a fixed income over at least 1000 USD per month.

Philippines



Safe We think this country should be safe for transgender people.

Time zone

UTC+08:00

9AM in New York is 10PM here.

9AM in Los Angeles is 1AM here.

Percent English speaking

63.74%

Location:



Climate

Average temperature: 23.1 °C (73.6 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$3805, USA: \$80706

Median daily income: \$5.67, USA: \$70

Human development index: No data, USA: 0.938

Crime

Average organised crime index: 6.57, USA: 5.87

Corruption perceptions index: 33, USA: 65

Government immigration website

<https://evisa.gov.ph/>

Summary

The Philippines is a Pacific Rim Asian country, formed of an archipelago. It has good LGBT rights and anti-discrimination laws, however these may differ between provinces. It has an active and visible LGBT community, and Pride events are held in the country. LGBT people are generally accepted in the Philippines.

Both the UK and US governments warn against travel to the island of Mindanao and the Sulu archipelago in the south of the country due to terrorist activity, however their warnings for the rest of the country are limited to crime and personal safety.

Our assessment is that outside the areas mentioned as unsafe by the US and UK governments, the Philippines could represent a safe destination for anyone prepared to be aware of local culture.

Visa notes

The Philippines announced a digital nomad visa in 2025, however despite a plethora of commercial immigration assistance service websites offering advice on it, we can't find evidence on the Philippines government website of it being in force at the time of writing. We are monitoring the situation, and will update the information here as we have it. Do your research, and make sure you are dealing directly with a Philippines government website if you are offered one.

There is [a Filipino retiree's visa](#) subject to a set of conditions, for which over-50 pensioners must provide a 15000USD deposit, and prove a lifetime income of at least 800 USD per month.

Poland



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

49.95%

Climate

Average temperature: 8.78 °C (47.80 °F)

Location:

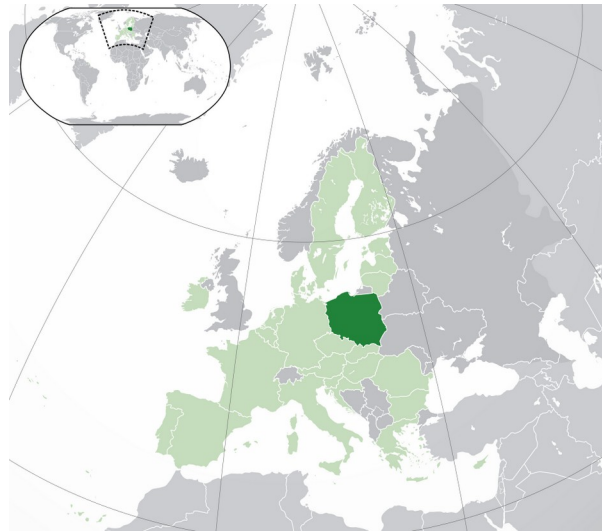


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$20876, USA: \$80706

Median daily income: \$38.84, USA: \$70

Human development index: 0.906, USA: 0.938

Crime

Average organised crime index: 4.67, USA: 5.87

Corruption perceptions index: 53, USA: 65

Government immigration website

<https://www.mos.cudzoziemcy.gov.pl/en>

Summary

Poland is a European country at the north-eastern edge of the EU, bordering Russia's Kaliningrad exclave, Lithuania, Belarus, and Ukraine to its east. Poland is a member of both the European Union, and the Schengen zone.

Poland has incomplete LGBT equality and anti-discrimination laws. There is a Polish LGBT community and Pride marches are held in the country, however they face considerable opposition. Since the end of 2023 the government of Poland has been a centre-right coalition, however the effects on LGBT people of the previous far-right populist government from 2015 onwards are still being felt. Poland is a country that still harbours traditional influences, and one in which the Roman Catholic Church still wields considerable influence. In 2026, ILGA Europe gave Poland a 21.50% rating, 39th out of 48 countries.

Both the UK and US governments warn about petty crime, and the UK government warns about racially motivated attacks.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that the conservative influence and incomplete anti discrimination laws reflected in its low ILGA ranking mean that other safer EU countries could represent a better choice than Poland.

Visa notes

Poland does not have much in the way of special visas, so there is no Polish digital nomad visa. However there is a “National visa” allowing a stay for up to a year, and a temporary resident’s permit which allows a stay of up to three years.

Poland is a member of the EU blue card scheme.

Portugal



Safe We think this country should be safe for transgender people.

Time zone

UTC+00:00

9AM in New York is 2PM here.

9AM in Los Angeles is 5PM here.

Percent English speaking

27.30%

Climate

Average temperature: 15.85 °C
(60.53 °F)

Location:

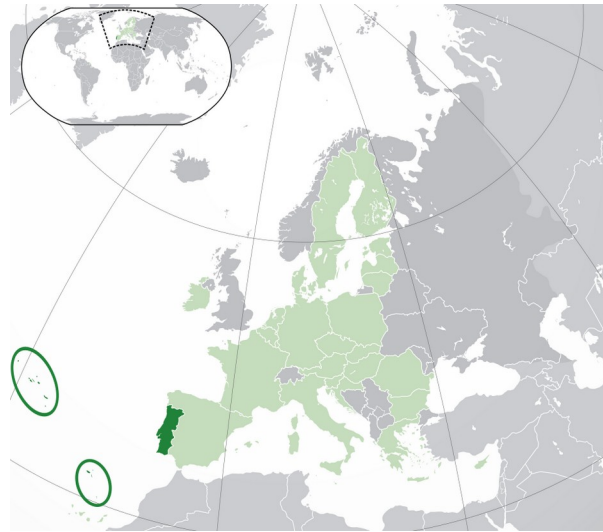


Image credit:

[NuclearVacuum derivative work: Pethrus, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$27718, USA: \$80706

Median daily income: \$33.68, USA: \$70

Human development index: 0.89, USA: 0.938

Crime

Average organised crime index: 4.97, USA: 5.87

Corruption perceptions index: 57, USA: 65

Government immigration website

<https://www2.gov.pt/en/migrantes-viver-e-trabalhar-em-portugal/migrantes-vistos-e-autorizacoes-para-entrar-e-viver-em-portugal>

Summary

Portugal lies on the Iberian peninsula at the south-west corner of Europe, between Spain and the Atlantic ocean. It is a member of both the European Union and the Schengen zone. Portugal has exceptionally good LGBT rights and anti-discrimination laws. There is an active and visible Portuguese LGBT community, and the country has Pride events. In 2026, ILGA Europe gave Portugal a 66.99% rating, 12th out of 48 countries.

The Portuguese government is a centre-right coalition headed by Prime Minister Luís Montenegro, elected in mid 2025. In March 2026 under the influence of the right wing of the coalition they enacted a series of measures curtailing gender marker changes, and restricting access to affirming healthcare for younger trans people. At the time of writing this is subject to challenges and remains in the legislative process, however this remains a situation to be aware of.

Both the UK and US governments warn in their advice to travellers of petty crime and burglaries in Portugal, however the US gives the country its safest rating.

Our assessment is that while the above concerning legal moves require monitoring, Portugal remains for now a good destination country

Visa notes

Portugal has a digital nomad scheme, subject to the usual range of conditions, one version of which is renewable with an eventual path to permanent residency. The income requirement for this visa is around 3700 Euros per month, four times the Portugese minimum wage.

Portugal is a member of the EU blue card scheme.

Romania



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+02:00

9AM in New York is 4PM here.

9AM in Los Angeles is 7PM here.

Percent English speaking

30.98%

Climate

Average temperature: 10.18 °C (50.32 °F)

Location:



Image credit:

[NuclearVacuum, Public domain.](#)

Economic indicators

GDP per capita: \$18348, USA: \$80706

Median daily income: \$29.85, USA: \$70

Human development index: 0.845, USA: 0.938

Crime

Average organised crime index: 4.83, USA: 5.87

Corruption perceptions index: 46, USA: 65

Government immigration website

<https://igi.mai.gov.ro/en/>

Summary

Romania is a European country, part of both the European Union and the Schengen zone. It lies in the south-east of Europe, bordering the Black Sea, Moldova, and Ukraine. Romania has anti-discrimination laws, but incomplete LGBT equality laws. There is a Romanian LGBT community and Pride events in some larger cities, but outside the cities LGBT people keep a low profile. Socially conservative views have a strong influence in the country. In 2026, ILGA Europe gave Romania a 18.63% rating, 42th out of 48 countries.

Both the UK and US warn about organised street crime in Romania in their advice to travellers.

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that Romania does not represent a good destination for LGBT people, particularly considering the number of other more welcoming European countries.

Visa notes

Romania has a digital nomad visa, but [it's rather hidden away in the small print](#). The long-stay visa type D/AS has a category for digital nomads, subject to an income requirement of at least three times the average Romanian salary. Currently this stands at around 4000 Euros. It has a 1 year duration, and can be extended for another year.

Romania is a member of the EU blue card scheme.



Slovakia



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

25.69%

Climate

Average temperature: 8.83 °C (47.89 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$24086, USA: \$80706

Median daily income: \$24.46, USA: \$70

Human development index: 0.88, USA: 0.938

Crime

Average organised crime index: 4.75, USA: 5.87

Corruption perceptions index: 49, USA: 65

Government immigration website

<https://www.mzv.sk/en/web/en/visa-and-services>

Summary

Slovakia is a Central European country, bordering Ukraine to its east. It is a member of both the European Union and the Schengen zone. It has incomplete equality and anti-discrimination laws. There is an LGBT community in Slovakia, and a Pride event in Bratislava. Conservative social views retain a considerable influence, and this is reflected in public attitudes. In 2026, ILGA Europe gave Slovakia a 24.92% rating, 35th out of 48 countries.

Since 2023 the government of Slovakia has been a coalition of conservative and nationalist parties headed by Robert Fico. They have followed a conservative agenda hostile to human rights NGOs, and passed a constitutional amendment recognising only two genders and restricting gender transition.

Both the US and the UK regard Slovakia as a safe destination in their advice to travellers, warning only about petty crime and vehicle crime. The UK government has this to say for LGBT travellers: "Same-sex couples showing affection in public could receive unwanted attention".

In the years since Russia's 2022 invasion of Ukraine, there has been increased tension along the eastern border of the European Union where it touches Russia and Belarus. At the time of writing in January 2026 it bears a resemblance to cold war era tensions, and there is no direct conflict. Anyone considering this region should familiarise themselves with the regional security situation.

Our assessment is that Slovakia does not represent a good destination, especially considering that other safer EU countries are a better choice.

Visa notes

There is no Slovak digital nomad visa scheme.

Slovakia is a member of the EU blue card scheme.



Slovenia



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

59.02%

Climate

Average temperature: 9.86 °C (49.75 °F)

Location:

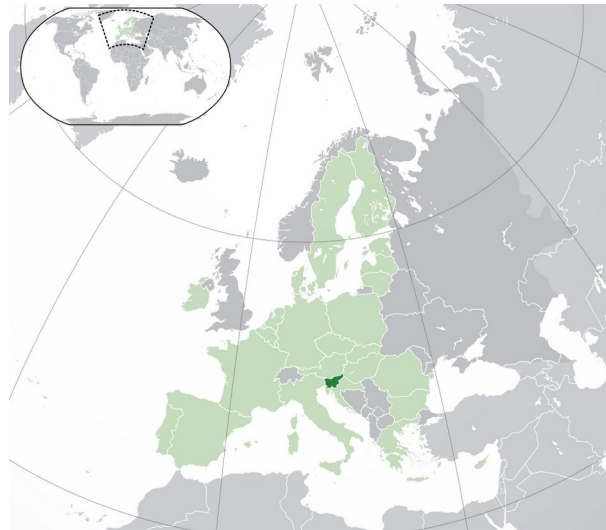


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$32642, USA: \$80706

Median daily income: \$49.24, USA: \$70

Human development index: 0.931, USA: 0.938

Crime

Average organised crime index: 4.28, USA: 5.87

Corruption perceptions index: 60, USA: 65

Government immigration website

<https://www.gov.si/en/policies/state-and-society/immigration-to-slovenia/>

Summary

Slovenia is a European country, at the head of the Adriatic sea bordering Italy, Croatia, Hungary, and Austria. It is a member of both the European Union and the Schengen zone. Slovenia has comprehensive equality and anti-discrimination laws. There is an LGBT community in Ljubljana, and that city has a Pride event. However there remains a conservative influence in Slovenian society, and a consequent slight risk of violence for the LGBT community. In the March 2026 election, a liberal/left coalition narrowly beat the right-wing populists, and at the time of writing are seeking to form a government. In 2026, ILGA Europe gave Slovenia a 54.29% rating, 17th out of 48 countries.

Both the UK and US governments rate Slovenia as a safe destination for travellers, and have little in the way of warnings.

Our assessment is that Slovenia is a safe destination particularly for travellers prepared to respect local culture.

Visa notes

Slovenia has a digital nomad scheme with a validity of 1 year, though sadly it can not be extended. Holders of Slovenian digital nomad visas are however able to apply for other forms of Slovenian long stay visas during their stay. There is an earnings requirement of at least twice the Slovenian net monthly salary, which we think comes in at about 3500 Euros. The scheme is a very recent introduction, so make sure to research it fully to ensure that nothing has changed.

Slovenia is a member of the EU blue card scheme.

Spain



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

22.04%

Climate

Average temperature: 13.07 °C (55.53 °F)

Location:



Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$33814, USA: \$80706

Median daily income: \$47.30, USA: \$70

Human development index: 0.918, USA: 0.938

Crime

Average organised crime index: 6.05, USA: 5.87

Corruption perceptions index: 56, USA: 65

Government immigration website

<https://www.inclusion.gob.es/en/web/migraciones/home>

Summary

Spain lies at the south-west corner of Europe, bordering Portugal and France, and with coastlines on both the Atlantic and Mediterranean. It is a member of both the European Union and the Schengen zone. Spain has comprehensive anti-discrimination and LGBT equality laws, with some differences between its various regions depending on local politics. There is a visible LGBT community in Spain, and Pride events are held. In 2026, ILGA Europe gave Spain an 88.70% rating, 1st out of 48 countries.

Both the US and UK warn only of petty street crime and vehicle crime in their advice to travellers going to Spain.

Our assessment is that Spain represents a good destination.

Visa notes

There is a [Spanish digital nomad visa](#), valid for a period of 1 year but extendable. It is for holders of undergraduate degrees or above only, and it has an income requirement of at least twice the monthly Spanish national minimum wage. We calculate this at about 3800 Euros per month, though we would advise checking the latest figure as it is subject to change. Unusually for a digital nomad visa, a holder can also work for a company located in Spain, as long as the percentage of this particular work doesn't exceed 20% of the total amount of their professional activity.

The Spanish retirement visa system is a popular choice for British retirees.

Spain is a member of the EU blue card scheme.

Sweden



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

89.00%

Climate

Average temperature: 3.23 °C (37.81 °F)

Location:

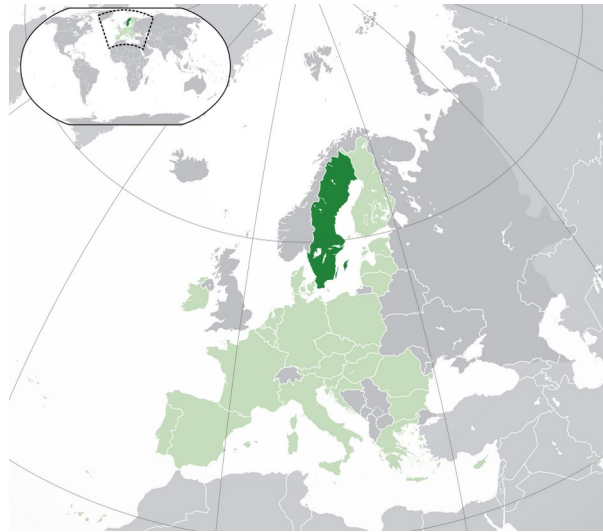


Image credit:

[NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$55439, USA: \$80706

Median daily income: \$55.60, USA: \$70

Human development index: 0.959, USA: 0.938

Crime

Average organised crime index: 4.73, USA: 5.87

Corruption perceptions index: 80, USA: 65

Government immigration website

<https://www.migrationsverket.se/en.html>

Summary

Sweden is a Scandinavian country in northern Europe, bordering Norway, Finland, and the Baltic Sea. It is a member of both the European Union and the Schengen zone. Sweden has comprehensive anti-discrimination and LGBT equality laws. There is an open and visible LGBT community in Sweden, with a high public acceptance, and Pride events are held in the country. In 2026, ILGA Europe gave Sweden a 68.43% rating, 9th out of 48 countries.

Since 2022 Sweden has been governed by a right-wing coalition which does not include far-right parties but which is pursuing a conservative agenda. There is a vocal TERF movement in the country, as well as far-right parties. As with Germany, since 2015 and the arrival of refugees from the Middle East, immigration has become a hot-button issue in Sweden, and there has been a consequent political shift to the right.

The UK and US governments warn only of petty street crime in Swedish cities.

Our assessment is that Sweden is a safe destination, however you should monitor the political situation in the country in case of further rightward shift.

Visa notes

Sweden does not have a digital nomad visa, though in some cases their self employed visa might be an alternative.

Sweden has an au pair scheme, plus volunteer and seasonal worker schemes.

Sweden is a member of the EU blue card scheme.

Switzerland



Safe We think this country should be safe for transgender people.

Time zone

UTC+01:00

9AM in New York is 3PM here.

9AM in Los Angeles is 6PM here.

Percent English speaking

38.66%

Climate

Average temperature: 6.47 °C (43.65 °F)

Location:



Image credit:

[Hayden120 and NuclearVacuum, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$100831, USA: \$80706

Median daily income: \$72.29, USA: \$70

Human development index: 0.97, USA: 0.938

Crime

Average organised crime index: 4.65, USA: 5.87

Corruption perceptions index: 81, USA: 65

Government immigration website

<https://www.sem.admin.ch/sem/en/home.html>

Summary

Switzerland is a central European country, bordering France, Germany, Austria, and Italy. It is not a member of the European Union, but it is a member of the Schengen zone. Switzerland has comprehensive LGBT rights and anti-discrimination laws, but with some deficiencies in workplace rights laws. There is an open and active LGBT community in the country, and there are many Pride events. In 2026, ILGA Europe gave Switzerland a 50.12% rating, 20th out of 48 countries.

The UK and US governments warn only of very minor petty street crime in Swiss cities.

Our assessment is that Switzerland is a safe destination country.

Visa notes

Sadly there are few easy visa routes into Switzerland, there being no digital nomad visa, and the traditional visa routes being rigid, subject to quotas, and having quite steep requirements.

Taiwan



Safe We think this country should be safe for transgender people.

Time zone

UTC+08:00

9AM in New York is 10PM here.

9AM in Los Angeles is 1AM here.

Percent English speaking

No data

Climate

Average temperature: No data

Location:

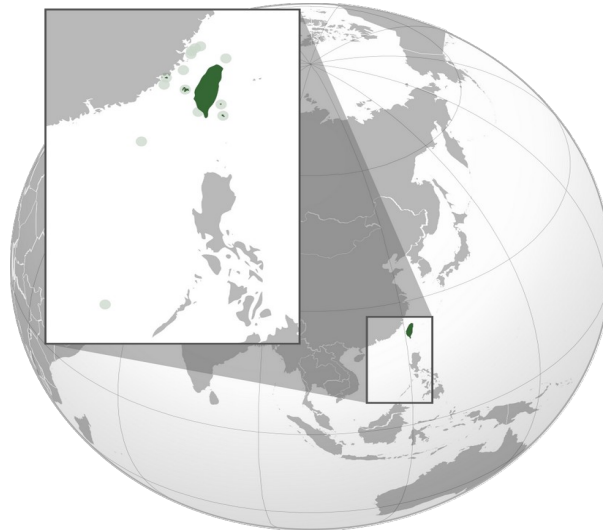


Image credit:

[KOKUYO, CC BY-SA 4.0.](#)

Economic indicators

GDP per capita: No, USA: \$80706

Median daily income: \$46.23, USA: \$70

Human development index: No data, USA: 0.938

Crime

Average organised crime index: No data, USA: 5.87

Corruption perceptions index: 67, USA: 65

Government immigration website

<https://www.immigration.gov.tw/5475/>

Summary

The Republic of China, commonly known as Taiwan, is an Asian island country off the coast of China, north of the Philippine island of Luzon. It has good equality and anti-discrimination laws compared to many other east Asian countries, however there are some deficiencies on the anti-discrimination front when compared to Western countries. There is an open LGBT community in Taiwan, and Pride events are held in the country.

Diverse sexual and gender identities still retain something of a taboo in Taiwanese society so there remains a lingering gap in public opinion, however this does not appear to manifest itself in anti-LGBT violence.

Both the UK and US government have very little in the way of warnings to travellers about Taiwan, and consider it a safe country.

It is essential that anyone considering Taiwan as a destination read up on the country's history, particularly with respect to China. It's no secret that China considers Taiwan to be a renegade Chinese province rather than a country in its own right, and that they have a habit of making belicose gestures towards the island. Whether that translates into action is a question we can't answer, and the two countries have experienced periods of higher and lower tension in the past. You may also find that due to the situation with China, some things you might otherwise expect may be missing. For example, the UK does not have diplomatic relations with the island. Make sure

to do your research.

Our assessment is that Taiwan is a safe destination, however ensure that you are aware and up to date with the regional politics with respect to China.

Visa notes

Taiwan [has a digital nomad visa](#), with some quite steep requirements. There is an income requirement of at least 20000USD for applicants between 20 and 29 years of age, and 40000USD for those 30 and up. There is also a requirement to prove 10000USD in savings.

There is [a visa for the study of Mandarin Chinese in Taiwan](#).

Taiwan has a “Gold card” scheme for attracting professionals to work in the country. It’s aimed at high achievers, but may be of use to some readers.

The Taiwanese working holiday scheme for people under 30 is sadly not open to US citizens, but UK citizens are eligible.

Thailand



Safe We think this country should be safe for transgender people.

Time zone

UTC+07:00

9AM in New York is 9PM here.

9AM in Los Angeles is 12AM here.

Percent English speaking

27.16%

Climate

Average temperature: 26.85 °C (80.33 °F)

Location:



Image credit:

[Zuanzuanfuwa, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$7182, USA: \$80706

Median daily income: \$16.35, USA: \$70

Human development index: No data, USA: 0.938

Crime

Average organised crime index: 6.37, USA: 5.87

Corruption perceptions index: 34, USA: 65

Government immigration website

<https://www.immigration.go.th/en/>

Summary

Thailand is an east Asian country bordering Myanmar, Laos, Cambodia, and Malaysia, and having coastline on both the Bay of Bengal and the South China Sea. It has comprehensive but not complete LGBT equality and anti-discrimination laws, and is considered one of the most progressive in its region. Many Western trans people go to Thailand for their surgeries, likely including some readers of this piece.

Though Thai society has made great moves towards an accepting environment over the decades, there still remain barriers for trans people and negative attitudes persist. Stigmatisation and consequent exclusion are a daily issue for Thai LGBT people in daily life and in employment.

Both the UK and US governments warn about street crime in their advice to visitors, as well as warning against travel to border regions with Cambodia and Malaysia due to conflict.

Our assessment is that Thailand can be a safe destination. If you are a Westerner your nationality may insulate you from some of the problems faced by Thai LGBT people, but ensure you have an income and be aware of local culture.

Visa notes

The “Destination Thailand” visa, is Thailand’s digital nomad visa. It has an unusually long duration, and is subject to the usual income requirements.

Thailand has retirement visas, and a Thai language study visa. We have encountered more than one person learning Thai as an opportunity to spend time in this country.

There is also a SMART visa for skilled professionals in a set of dedicated industries, and a “Thailand elite” visa for the well-heeled.

United Kingdom



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC+00:00

9AM in New York is 2PM here.

9AM in Los Angeles is 5PM here.

Percent English speaking

98.28%

Climate

Average temperature: 9.24 °C (48.63 °F)

Location:



Image credit:

[Rob984, CC BY-SA 4.0.](#)

Economic indicators

GDP per capita: \$49224, USA: \$80706

Median daily income: \$54.65, USA: \$70

Human development index: 0.946, USA: 0.938

Crime

Average organised crime index: 5.87, USA: 5.87

Corruption perceptions index: 71, USA: 65

Government immigration website

<https://www.gov.uk/browse/visas-immigration>

Summary

The United Kingdom is comprised of Great Britain, the largest of the British Isles off the coast of Western Europe, as well as Northern Ireland, on the northeastern corner of Ireland. It is no longer a member of the EU since the end of 2020, and is not a member of the Schengen zone. The UK has comprehensive anti-discrimination and LGBT equality laws that were once among the best in Europe, however these are under increasing threat. There is a substantial and open LGBT community across the whole country, and many large cities have Pride events and “gay village” areas. In 2026, ILGA Europe gave the United Kingdom a 43.9% rating, 22nd out of 48 countries. This represents a precipitous fall from their highest score in 2015 of 86%, when the country stood at 1st place.

The UK remains for now a safe environment for trans people at street level, though we have significant concerns about this deteriorating. The last decade has seen a steady shift to the right in the two main political parties, and a fresh rise of the far right. This has been exploited by so-called gender-critical activists, who have achieved significant institutional capture of media, politics, and the judiciary. In 2025 this culminated in a Supreme Court decision in favour of a Scottish gender-critical group which has been widely misunderstood. This is now being used in an attempt to remove transgender rights and protections, and exclude trans women in particular from public life. This has included the introduction of a de facto bathroom ban in May 2026, and a notorious case

in which a trans woman was jailed for sex by deception after an innocent encounter. There has been a significant uptick in transphobic hate incidents over the last few years, however it should be borne in mind that this started from a very low initial incidence.

Transgender healthcare under the state-run NHS system has been gutted, with decade-long waiting lists for adult patients and a near-removal for younger patients. The government refuses to enact a ban on conversion therapies, despite a manifesto promise to do so. There is a thriving and accessible private transgender healthcare sector for those able to pay for it.

Northern Ireland is those parts of the Irish province of Ulster which remained part of the UK after Irish independence because of their then majority Protestant community. Much of the advice for the UK also applies there, with the added burden of extremist politics. The province was the site of the decades-long conflict referred to as the Troubles, and though it is now three decades since the peace agreement, it remains a place marked by its past. We would suggest not heading for Northern Ireland, but if you make it your destination it is imperative that you fully familiarise yourself with its history and sectarian divisions from all sides.

The UK is one of our countries of new concern, in other words a country that has been safe, but which is showing signs of significant deterioration. For now it is safe to live there, but the rights of transgender people are under significant attack. Our worry is that it is likely to get much worse before it gets any better.

Our assessment is that the UK represents a good destination only if personal circumstances give you a special reason to go there. We are encouraging British trans people to leave the UK to escape the political climate there. Go, but be prepared to move on to a safer place later.

Visa notes

The UK has a comprehensive range of visas for most purposes, but no digital nomad visa and few easy routes for US citizens.

The rise of right-wing politics in the UK and many years of anti-immigrant rhetoric have resulted in a so-called “hostile environment” towards immigrants. Fees and income or qualification requirements for immigrants to the country have been elevated to very high levels compared to most other countries.

United States



Unsafe We do not think this country is a safe destination for transgender people.

Time zone

UTC-09:00 to UTC-05:00

Percent English speaking

95.88%

Location:



Climate

Average temperature: 9.46 °C (49.03 °F)

Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$80706, USA: \$80706

Median daily income: \$70.00, USA: \$70

Human development index: 0.938, USA: 0.938

Crime

Average organised crime index: 5.87, USA: 5.87

Corruption perceptions index: 65, USA: 65

Government immigration website

<https://www.usa.gov/immigration-and-citizenship>

Summary

The main contiguous territory of the United States of America occupies the central portion of the North American continent, with Canada to its north, and Mexico to its south.

The USA is one of our countries of new concern, in other words a country that has been safe in the past, but which is showing signs of significant deterioration. The excesses of the Trump administration and the Republican Party are well documented elsewhere, and we think that the situation for trans people under their rule is long past the point at which it was safe. Aside from that, the hostile environment for any non-American person as a result of the deployment of ICE agents now makes it a place we'd advise any non-American against going to.

Our advice is that the USA does not represent a good destination for a trans person, and for several years now our advice to trans people within the country has been to leave it. If you are reading this it's likely you are from the USA, and you are here because you are one of the people getting out. We have included this page here only for completeness, and to describe the issues facing trans people there in case someone from elsewhere in the world is considering it.

Visa notes

Since the main reason for producing these guides is to help Americans flee their country, it's unlikely that many readers will be here in search of a US visa.

Uruguay



Proceed with caution Aspects of this country will require extra care and attention for transgender people.

Time zone

UTC-03:00

9AM in New York is 11AM here.

9AM in Los Angeles is 2PM here.

Percent English speaking

24.00%

Climate

Average temperature: 17.97 °C (64.35 °F)

Location:



Image credit:

[Addicted04, CC BY-SA 3.0.](#)

Economic indicators

GDP per capita: \$22796, USA: \$80706

Median daily income: \$26.84, USA: \$70

Human development index: 0.862, USA: 0.938

Crime

Average organised crime index: 3.57, USA: 5.87

Corruption perceptions index: 76, USA: 65

Government immigration website

<https://www.gub.uy/migracion>

Summary

Uruguay is a South American country, occupying the space on the Atlantic seaboard between Argentina and Brazil. It has comprehensive equality and LGBT rights laws, and a high acceptance of LGBT people. Uruguay is widely known for being LGBT-friendly, it has an open LGBT community, and Pride events are held in the country. That said, social attitudes towards transgender people lag behind those towards other LGBT people, with trans Uruguayans facing barriers to work and education.

Both the UK and US governments warn about street crime, vehicle crime, and violent crime in parts of the country.

Our assessment is that Uruguay could be a good destination for a trans person due to its equality and discrimination laws, and its having a more liberal society than some other South American countries. However we would advise anyone considering the country to thoroughly familiarise themselves with the prevailing social attitudes towards trans people in particular, and to ensure they they have a stable means of support.

Visa notes

Uruguay has a particularly straightforward digital nomad visa, with a validity of six months, extendable by a further six months and a possibility of moving to another longer-term Uruguayan visa. It specifies that the applicant must demonstrate financial means to support themselves, but does not specify a figure. Judging by other similar schemes, we are guessing around 2000USD per month would keep you to a good standard.

Glossary Of Terms

1951 Refugee Convention

The Convention Relating to the Status of Refugees is a United Nations treaty which established the modern asylum system. It defines the rights and status of refugees, sets out the responsibility of signatory nations to grant asylum, the conditions under which asylum can be granted, and the rights of asylees. The majority of countries are signatories to the convention, but a notable non-signatory is the USA.

Asylum

Seeking asylum means going to another country and asking for protection because you are in danger if returned to your country. It is part of the 1951 Refugee Convention, and can be claimed in countries that are signatories to the convention. There is a clearly defined “8 criteria test” for asylum seekers, which countries use to evaluate, and then approve or deny, asylum claims. **Trans Rescue does not recommend that people from the USA or UK apply for asylum, as it is unlikely at the time of writing that those 8 criteria would be met.**

Asylum seeker

An asylum seeker is a person who has entered a country and claimed asylum, and who is awaiting a decision. In many countries, asylum seekers are detained in asylum camps, which resemble low-security prisons.

Ancestry visa

An ancestry visa is a visa that usually confers the rights to residency and work, granted by a country to people who can demonstrate ancestry from that country. The rules surrounding ancestry visas vary widely between countries.

Artist visa

An artist visa is a limited work visa granted for the purpose of working as a professional artist. You will hear reference to a German artist visa, this is in fact a German work permit issued for artists living in Berlin.

Au pair

An au pair is a person who visits a country and earns their keep by working for a family who host them. Typically au pairs will be child carers. Many countries offer au pair visas, which often carry an age restriction.

Blue card

The EU blue Card is an EU-wide work permit similar in concept to the US green card scheme. It allows highly skilled non-EU citizens to work and live in 25 of the 27 countries within the EU. Denmark and Ireland are not part of the scheme.

Border Life

This refers to the practice of basing yourself close to a border and structuring your life around it, perhaps by working as a local employee for a company on the other side. Establishing a pattern of frequent border crossings makes it easier to escape across the border should things turn ugly.

Child trafficking

Child trafficking refers to the movement of young people below the age of majority, usually for the purposes of exploitation. It is very important to understand that the law regards any movement of a child without the permission of their parent or guardian as child trafficking, regardless of whether or not they consent. If you help a friend who is under 18 to move without the permission of their parent, you could find yourself charged with this.

Citizenship

Citizenship refers to becoming a citizen of a country, someone that country recognises as one of its own and grants the benefits of citizenship such as a passport. Most citizens have that status by being born in that country, however in most countries it is possible to become a citizen by qualifying through long term residence, culture, investment, or other criteria.

Citizenship by investment

Citizenship by investment refers to the process of acquiring citizenship by investing money on a country. In many cases the sum required is very high, however some wealthier passengers, particularly those who are selling a house, might find themselves qualifying.

Common Travel Area

The Common Travel Area refers to a system of open borders operated within the British Isles. In particular it grants UK and Irish citizens the right to live and work in each other's countries.

CONC

From the phrase Country Of New Concern. This is a term used by Trans Rescue, referring to countries which used to be safe for transgender people, but in which the situation is now degrading.

CUSMA

This is a free trade agreement between Canada, the United States, and Mexico. It replaces the earlier NAFTA agreement. It includes work permit provisions, thus it delivers the potential for Americans to leave for their neighbours.

Deportation

Deportation refers to the formal process of removing someone who is not a citizen of a country, from that country. In the context of this book it normally occurs because of overstaying a visa, a failed asylum claim, or other immigration law violation. Deportation usually carries with it a ban on returning for a set time period.

Digital nomad

A digital nomad is a remote worker who earns their living outside the country, and whose stay is not permanent. Many countries have visas to allow digital nomads to work in them, these visas are usually subject to a set duration and a minimum income level.

Education visa

Most countries welcome overseas students studying in their schools, language schools, and universities. These visas are usually issued only if you have a place at such an institution.

Employment visa

All countries offer visas allowing companies to recruit employees from other countries. They usually come with hefty conditions though, such as a minimum salary requirement and a need for the company to prove they can not recruit the same talent locally

European Union

The European Union, also known as the EU, is a political and economic union between 27 European countries. European Union membership comes on the condition of accepting a set of legal standards, which include anti-discrimination laws. This means that EU countries are mostly, but not all for various reasons, among the safer countries in the world for trans people

Family visa

See **Ancestry visa**.

Jobseekers visa

Some countries offer short term visas for the purpose of finding a job in their country.

Language teaching visa

Many countries offer visas for working in language teaching. They are usually subject to having found a job or a placement with a language school in the destination country before the visa can be granted.

Marriage visa

It is normal for countries to offer visas for the spouses of their citizens, and if necessary to their children. These visas often provide a path to eventual citizenship. Because sham marriages exist, these visas are often subject to stringent conditions of proof.

MERCOSUR

Referred to in English as the Southern Common Market, MERCOSUR is a regional bloc consisting of six South American countries.

Perpetual traveler

A perpetual traveller is someone who moves around the world on tourist or visitor visas, and never stays long enough in a particular place to outstay their welcome.

Rentista visa

A Rentista visa is a visa for people who can demonstrate a stable overseas income, In come cases it can be similar to a digital nomad visa, however they are not the same.

Schengen zone

The Schengen zone is a group of EU countries which maintain an open border agreement. Not all European Union countries are members of the Schengen zone. It gets its name because the original treaty was signed in the Luxembourg town of Schengen, which lies where the borders of France, Germany, and Luxembourg meet.

Study visa

See **Education visa**.

TEFL

From Teaching English as a Foreign Language. See Language teaching visa.

Volunteer visa

Many countries offer volunteering schemes under which someone can travel to a country and do unpaid voluntary work, often as part of reciprocal agreements. They may be restricted to younger people and they will usually be for a fixed period,

Working visa

See **Employment visa**.

Resources

Here we present a list of online resources which may help you on your way. We will doubtless add to this list over time, new links will appear in future revisions of this book.

Trans-specific resources

Trans Rescue	https://transrescue.org	That's us. We help transgender people get out of dodgy places worldwide.
Trans families	https://transfamilysos.org/	USA-based support for trans families. A Europe-based community providing information for trans people seeking to move countries, primarily from the USA, to escape.
Trans World Express	https://transworldexpress.org/	

Wider LGBT resources

ILGA	https://ilga.org/	Global LGBT organisation. Provides information on the state of LGBT rights worldwide.
Equaldex	https://www.equaldex.com/	Tracking LGBT rights internationally by country.
ILGA Europe rainbow map	https://rainbowmap.ilga-europe.org/	Tracking the state of LGBT rights in extreme detail for European countries.

General moving country resources

Nomad Capitalist	https://nomadcapitalist.com/	A commercial consultancy service for acquiring other citizenships. Has a lot of useful resources and information.
Expatistan	https://www.expatisitan.com/	Cost of living, and other international comparisons.
Henley Passport Index	https://www.henleyglobal.com/passport-index	Another commercial consultancy service, this is their ranking of world passports by how many countries their holders can visit visa free.

Working holidays

WWOOFing	https://wwwoof.net/	Working holidays on organic farms. There is often a separate organization for each country, some countries are part of the international organisation.
Workaway	https://www.workaway.info/	An online community for working holidays, cultural exchanges, and other similar opportunities.

General travel resources

Lonely Planet	https://www.lonelyplanet.com/	Publisher of travel guides, also has travel resources.
Wikitravel	https://wikitravel.org/	Crowdsourced travel information from the same stable as Wikipedia.

Flights

Google Flights	https://www.google.com/travel/flights	The Explore tool is very useful for "perpetual traveller" type strategies With current events happening so rapidly, it can be very useful to see where planes are and are not flying today Obtaining this can significantly reduce harassment at airports leaving the USA
FlightRadar24	https://www.flightradar24.com/	
TSA precheck	https://www.tsa.gov/precheck	

About Trans Rescue

Trans Rescue is a non-profit organization based in the Netherlands, working to help trans+ people escape dangerous and dodgy places worldwide.

The full name of the organisation is “Stichting Trans Rescue Foundation”, meaning that it is registered as a non-profit foundation under Dutch law.

Find Us Online

You can find our web site at <https://transrescue.org/>



Office Hours Consultations

Every Saturday we hold an “Office Hours” open Google Meet consultation.

You can find it at this URL:

<https://transrescue.org/post-election-assistance-to-the-usa>



Donate To Trans Rescue

You can donate to us at <https://transrescue.org/donations/donate>



Acknowledgement

We gratefully thank the Guerilla Foundation for their support, without which this book would not have been possible.

HOW TO GET OUT

In countries such as the USA and UK we're now watching a rise of fascism that eerily mirrors the 1930s.

Unlike Europe over nine decades ago though, we trans people in the 2020s have the advantage of foresight.

We've read Martin Niemoller's poem, and we know what's coming.

This gives us an opportunity to prepare, and if necessary, escape the jackboot before they come for us.

This book contains Trans Rescue's collected knowledge and advice for people who need to leave their own country for a place of safety.

We hope it can help you make the decisions which get you to safety.

